

Total Nutrition

Foods To Help You Live Life To The Max

by *Mindy Hermann, R.D.*

(NAPSA)—A dietitian colleague, Dave Grotto, recently wrote a book called “101 Foods That Could Save Your Life.” When I told him about this column, he reminded me that foods to help you live life to the max must be good for you and taste great. One of my favorite foods for a healthy mind and body is Whole Grain

Total. Here are some of Dave’s favorites:



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1. Beans and peas (kidney beans, chickpeas, lentils and others) are packed with nutrients like fiber for a healthy digestive system, carbohydrates for energy and lots of protein.

2. Yogurt is brimming with friendly bacteria that help keep your digestive tract on track. “Eating foods with live active bacteria cultures, such as yogurt, helps support healthy digestion,” says Jo Ann Hattner, R.D., a San Francisco nutrition consultant. “Yogurt also supplies protein, calcium and potassium in a delicious form.”

3. Cherries are filled with numerous active antioxidants and other plant compounds. Enjoy them fresh, frozen, dried, or canned in juice or water. Also include fruits that rhyme with cherries, like strawberries, blueberries and cranberries (enjoy them in Total Cranberry Crunch).

4. Chocolate—in particular, dark chocolate—has natural antioxidant cocoa flavonols.

“Nothing works better than chocolate to help snap me out of a foul mood,” says Grotto.

5. Tea is loaded with plant chemicals called polyphenols. And the decaffeinated versions are a delicious way to stay on top of your fluid intake.

6. Salmon is rich in omega-3 fats, the type of fat recommended by the American Heart Association for helping to maintain a healthy heart. Here’s my favorite way to cook salmon: Top a salmon fillet with crushed, lightly salted pistachios and cook skin side down on the grill or in the oven until done.

7. Almonds and other nuts are good for your heart and a handful or two a day may aid weight management efforts by helping to keep hunger at bay.

8. Soy offers several health benefits and is a cholesterol-free protein alternative. Edamame, or steamed soybeans, make a delicious snack or appetizer.

9. Spinach dishes up an array of nutrients, including phytonutrients such as beta-carotene, zeaxanthin and lutein that are good for the eyes.

10. Broccoli and its cruciferous cousins like cauliflower, cabbage and kale contain phytonutrients, thought to help lower your risk of certain cancers.

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