

Fruits

1. Apples	Medium apple: 81 calories, 0g fat	An apple's 3g of fiber help you to meet your fiber goal of 20g to 30g daily. High-fiber diets can lower heart disease risk.
2. Apricots	3 apricots: 51 calories, 0g fat	A good source of beta-carotene providing the equivalent of 35% of the RDA for vitamin A.
3. Bananas	1 medium: 105 calories, 0g fat	A great source of potassium, which plays a key role in heart health and muscle function. Each one has 2g of fiber.
4. Blackberries	1 cup: 74 calories, 0g fat	This fruit boasts a whopping 10g of fiber in a single cup.
5. Blueberries	1 cup: 81 calories, 0g fat	Blueberries help prevent and treat bladder infections by making it hard for bacteria to stick to urinary tract walls.
6. Cantaloupe	1 cup: cubed; 84 calories, 1g fat	An antioxidant double, with 68mg of vitamin C and enough beta-carotene to cover 65% of your daily vitamin A quota.
7. Cherries	1 cup: 84 calories, 1g fat	A good source of perillyl alcohol, which helps prevent cancer in animals. Heart-protective anthocyanins give cherries color.
8. Cranberry Juice	1 cup: 144 calories, 0g fat	Fights bladder infections the same way blueberries do.
9. Grapefruits	1/2 fruit: 39 calories, 0g fat	A good source of vitamin C and a compound called naringenin, which helps suppress tumors in animals.
10. Purple Grapes & Juice	1 cup seedless: 113 calories, 9g fat	Offer three heart-guarding compounds; flavonoids, anthocyanins, and resveratrol. (Green grapes are not rich in them.)
11. Kiwi Fruit	1 medium kiwi: 46 calories, 0g fat	Just one little fruit packs a mean vitamin C punch (74mg) and an impressive 2.8g fiber.
12. Mangoes	1 mango: 135 calories, 1g fat	A single mango has enough beta-carotene to cover your RDA for vitamin A while racking up 57mg of vitamin C.
13. Oranges	1 orange: 61 calories, 0g fat	One orange provides an impressive 50g to 70g of vitamin C, 40meg of folic acid and 52mg of calcium.
14. Orange Juice	1 cup: 112 calories, 0g fat	One of the richest sources of folic acid: A cup provides 1/4 of the 400meg RDA for folic acid and boasts 96mg of vitamin C.
15. Calcium Enriched Orange Juice	1 cup (concentrate) 112 calories, 0g fat	Drinking this beverage is a healthful way to make a 300-350mg dent in your daily 1,500mg calcium requirement.
16. Papayas	1 cup, cubed: 55 calories, 0g fat	Loaded with vitamin C (86mg per cup), a healthy dose of fiber (2.5g) and a sprinkling of beta-carotene and calcium.
17. Prunes	1/2 cup stewed: 87 calories, 0g fat	Prunes' famed laxative effect is no mystery: There are 5g of fiber (both soluble and insoluble) in just 1/3 cup.
18. Raspberries	60 calories, 0g fat	Teaming with 8g fiber per cup, they also boast vitamin C, ellagic acid and anthocyanins.
19. Red Grapefruit	1/2 fruit: 37 calories, 0g fat	All the goodies of white grapefruit and more: They provide up to 100% of the RDA for vitamin A and are also high in lycopene.
20. Strawberries	1 cup, sliced: 50 calories, 0g fat	Strawberries have high levels of ellagic acid and anthocyanins, and are rich in vitamin C and fiber.

Vegetables

21. Artichokes	1 medium: 60 calories, 0g fat	With their high fiber content, artichokes contain flavonoid that has been shown to reduce skin cancer in animals.
22. Arrugla	1 cup: 5 calories, 0g fat	A cruciferous (cabbage family) veggie, this green contains cancer-preventative compounds such as isothiocyanates.
23. Avocado	1/2 avocado: 170 calories, 13g fat	High in fat, but fortunately half of it's the heart-healthy monosaturated variety. Good source of vitamin E.
24. Beets	1/2 cup, sliced: 37 calories, 0g fat	Beta-cyanin, which gives beets their reddish purple color, is a disease-fighting antioxidant.
25. Bok Choy	1 cup, cooked: 20 calories, 0g fat	This staple of Chinese cuisine contains isothiocyanates, plus lots of calcium and vitamin C.
26. Broccoli	1 cup, cooked: 44 calories, 0g fat	This superfood is loaded with sulphoraphane. Then there's the 72mg of calcium, 78meg of folic acid and vitamin C.
27. Broccoli Sprouts	1/2 cup: 10 calories, 0g fat	As protective as broccoli is, these little sprouts may be even better. Sprouting up in health food stores and supermarkets.
28. Brussels Sprouts	1/2 cup, cooked: 30 calories, 0g fat	Along with good-for-you isothiocyanates and indoles, these vegetables give you an impressive 48mg of vitamin C.
29. Cabbage	1 cup, raw, chopped: 22 calories, 0g fat	The indoles in cabbage help make it a cancer fighter. A healthy coleslaw, top shredded raw cabbage with low fat dressing.
30. Cauliflower	1 cup, raw: 24 calories, 0g fat	Another great source of indoles; plus it's high in fiber (2.5g per cup) and vitamin C (72mg per cup).
31. Carrots	1 medium: 26 calories, 0g fat	Stellar source of beta-carotene. 1 carrot contains twice the RDA for vitamin A. Cooked carrots are even healthier than raw.
32. Celery	2 medium stalks: 13 calories, 0g fat	Celery doesn't get much hype; it's got the goods—namely phthalides, compounds that lower blood pressure & cholesterol.
33. Garlic	1 clove: 5 calories, 0g fat	Raw cooked or granulated: all forms contain cholesterol-fighting organosulfur compounds.
34. Green Beans	1 cup, cooked: 43 calories, 0g fat	Green beans carry a variety of antioxidants carotenoids, including beta-carotene, lutein and zeaxanthin.
35. Green Peppers	1 medium: 32 calories, 0g fat	One of the more vitamin C-rich vegetables—66mg per pepper—and it's got a little capsaicin, too. (See peppers.)
36. Greens, Collard	1 cup, cooked: 29-49 calories, 1g fat	Packed with diseases fighters: lutein, zeaxanthin, and isothiocyanates and 93 to 226mg of calcium per cup.
37. Greens, Kale	1 cup, cooked: 29-49 calories, 1g fat	Packed with diseases fighters: lutein, zeaxanthin, and isothiocyanates and 93 to 226mg of calcium per cup.
38. Greens, Mustard	1 cup, cooked: 29-49 calories, 1g fat	Packed with diseases fighters: lutein, zeaxanthin, and isothiocyanates and 93 to 226mg of calcium per cup.
39. Greens, Turnip	1 cup, cooked: 29-49 calories, 1g fat	Packed with diseases fighters: lutein, zeaxanthin, and isothiocyanates and 93 to 226mg of calcium per cup.
40. Onions	1/2 cup, chopped: 30 calories, 0g fat	They're important suppliers of the same heart-healthy organosulphur compounds that are found in garlic.
41. Peas	1/2 cup, cooked: 67 calories, 0g fat	A good source of carotenoids lutein, and zeaxanthin—both of which help protect against age-related eye disease.
42. Peppers (hot)	1 pepper: 18 calories, 0g fat	Their phytochemical claim to fame is capsaicin, which helps short-circuit the cancer process.
43. Potato (white)	(1) 7-oz potato: 220 calories, 0g fat	Don't peel it, and you get a generous 5g of fiber, 43% of the day's vitamin C requirement and a major dose of potassium.
44. Pumpkin	1/2 cup, canned: 41 calories, 0g fat	Gives you 3 times the RDA for vitamin A and 3.5g of fiber. Use canned pumpkin to make pumpkin bread, risotto & soup.
45. Radishes	4 radishes: 4 calories, 0g fat	The beginning of the bite is cool, but soon things get hot: chewing activates the veggies' indoles and isothiocyanates.
46. Romane and other dark lettuce	2 cups, shredded: 18 calories, 0g fat	The darker the green, the more carotenoids. These lettuces are also high in folic acid: There's 40% of the RDA in 2 cups.
47. Red Peppers (sweet)	1 pepper: 32 calories, 0g fat	An improved version of the already top-notch green pepper, with twice its vitamin C content & a day's supply of vitamin A.
48. Seaweed	1 cup: 32 calories, 0g fat	Seaweed is carotenoid-and calcium-rich and has a delicate taste.
49. Spinach	1 cup, cooked: 41 calories, 0g fat	Offers enough beta-carotene to surpass the RDA for vitamin A, a ton of lutein and more than half the RDA for folic acid.
50. Squash	winter types, butternut-1 cup, cooked: 82 calories, 0g fat	Not only does a cup equip you with 3 days worth of vitamin A, but it fulfills nearly 10% of your daily calcium needs.
51. Tomatoes	1 tomato: 26 calories, 0g fat	Technically considered a fruit, tomatoes are loaded with cancer-fighting lycopene and are a great source of vitamin C.
52. Turnips	1 cup cooked, cubed: 32 calories, 0g fat	Neglected members of the cruciferous family, turnips provide both indoles and isothiocyanates and 3g of fiber.
53. Watercress	2 cups: 8 calories, 0g fat	One of its compounds detoxifies a major carcinogen in tobacco and may help prevent lung cancer. Also contains carotenoids.
54. Yams and Sweet Potatoes	1/2 cup, mashed: 103 calories, 0g fat	They win the carotenoids prize, with astonishing levels amounting to six times the RDA for vitamin A.

Herbs and Spice

55. Chives	1tbsp: 1 calorie, 0g fat	A member of the same family as garlic, chives contains cholesterol-lowering organosulfides.
56. Cinnamon	1/2 tsp: 3 calories, 0g fat	Recent research shows that 1/4 tsp to 1 tsp. Of cinnamon daily improves insulin function and in turn, blood sugar control.
57. Ginger	(5) 1-in. slices: 8 calories, 0g fat	Helps quell nausea and may reduce joint inflammation in diseases such as rheumatoid arthritis.
58. Horseradish	1 tsp. horseradish: 2 calories, 0g fat	Fresh, jarred or in the sharp green wasabi served with sushi, horseradish is infused with anti-cancer isothiocyanates.
59. Mint	2 tbsp: 5 calories, 0g fat	The type normally found in the fresh herb section of your grocery is rich in covone, an antioxidant and anticarcinogen.
60. Mustard	1/2 tsp: mustard seed: 8 calories, 0g fat	Both prepared yellow mustard and mustard seed contain health-protective isothiocyanates.
61. Parsley	2 tbsp, chopped: 3 calories, 0g fat	Parsley is a great source of several carotenoids: beta-carotene, lutein and zeaxanthin. Try it in tabbouleh.
62. Rosemary	1/2 tsp, dried or 1 tsp: 1 calorie, 0g fat	Test-tube studies found that carnosol, a compound in rosemary, thwarts the actions of carcinogens.
63. Sage	1/2 tsp, ground: 1 calorie, 0g fat	Contains a variety of monoterpenes, substances that prevent the spread and progression of tumors.
64. Tea (black or green)	1 cup: 2 calories, 0g fat	Regular and Decaf and its antioxidants catechins are linked to reduce heart-disease risk. May also help inhibit cancer.
65. Turmeric (used in curry spice)	1/2 tsp: 4 calories, 0g fat	This spice gets its yellow color from the compounds called curcumins, they have reduced the size of tumors in animals 50%.

Legumes

66. Beans (black, kidney, bean, navy)	1 cup: 220-270 calories, 0g fat	A super rich fiber source, ranging from 6g to 16g per cup. Depending on the variety.
67. Soy Milk	1 cup: 81 calories, 4g fat	A cup has 20mg to 25mg of health-promoting isoflavones.
68. Soy Protein isolate powder	1oz: 95 calories, 1g fat	Studies show that it takes 25g of soy protein daily to get a 10% drop in cholesterol. Try blending it in a smoothie.
69. Tofu	1/2 cup: 97 calories, 6g fat	A rich source of isoflavones. Studies indicate that 90mg of isoflavones daily improves bone density; 1/2 cup of tofu has 30mg.
70. Textured vegetable protein	1/2 cup, rehydrated: 60 calories, 0g fat	This is the stuff that mimics meat in vegetarian chili. TVP is one of the richest sources of isoflavones, at 40mg per 1/2 cup.

Dairy

71. Cheese (full fat)	1oz: 70-110 calories, 6g-9g of fat	1 ounce packs 210mg of calcium and a dose of conjugated linoleic acid. High in saturated fat; eat with lowfat foods.
72. Skim Milk	1 cup: 90 calories, 0g fat	Our calcium lifeline at 300mg per cup, and one of the few dietary sources of vitamin D, vital to calcium metabolism.
73. Yogurt: plain low-fat or nonfat	1 cup lowfat: 150 calories, 3.5g fat	Those friendly bacteria (called probiotics) in yogurt help boost immunity and prevent yeast infections.

Meats

74. Beef	3oz, cooked: 150-280 calories, 5g-20g fat	A good source of both CLA and iron, but since it's also high in saturated fat, have it no more than three times a week.
75. Chicken	without skin- 3oz, cooked: 162 calories, 6g fat	Remove the skin and you've got an excellent, low fat source of protein. 3oz provides 38% of the RDA for the B vitamin niacin.
76. Lamb	3oz, trimmed of fat: 175 calories, 8g fat	Lamb, like beef, is also a good source of CLA. Beef's saturated fat warning and weekly consumption recommendation.
77. Lean Pork	3oz, trimmed of fat: 140 calories, 4g fat	Fat-trimmed pork tenderloin has one-third less fat than even lean beef. And it boasts 71% of the RDA for thiamine.

Seafood

78. Fatty Fish (Salmon, Mackerel)	3oz, cooked, 155-225 calories, 5g-15g fat	The richest source of the heart-protective omega-3 fatty acids DHA and EPA, considered the most potent.
79. Fish: Other	3oz: about 100 calories, 1g fat	Omega-3s comprise the little bit of fat found in fish, fish is a good source of selenium, which is essential for immunity.
80. Lobster	3oz, cooked: 122 calories, 2g fat	Try lemon juice instead of butter and you've got a virtually fat-free way to meet your daily selenium and copper needs.
81. Mussels	3oz, cooked: 146 calories, 4g fat	Mussels have two or three times as much iron as burger, and completely cover you for selenium.
82. Oysters, Eastern	6 med, steamed 1 1/2 oz: 58 calories, 2g fat	Just six oysters give you nearly five times the RDA for zinc, which is critical for immune function.

Nuts and Seeds

83. Almonds	1/2 oz (11 nuts): 83 calories, 7g fat	A recent study showed that a daily 3 1/2 oz. serving of almonds can lower LDL cholesterol 14%.
84. Brazil Nuts	1/2 oz (3 to 4 nuts): 93 calories, 9g fat	Just three to four nuts deliver an astronomical 420meg of selenium, eight times the recommended daily amount.
85. Peanut Butter	2tbsp: 200 calories, 16g fat	Eating five ounces of nuts weekly reduces heart-disease risk. Buy peanut butter without partially hydrogenated oils.
86. Sunflower Seeds	1/4 cup: 205 calories, 18g fat	One of the richest sources of vitamin E (besides oils), with an impressive 6 IU's in just 1/4 cup.
87. Tahini	1 tbsp: 89 calories, 8g fat	Amazingly, 1 tbsp. of the stuff has got 64mg of calcium. 1.3mg of iron & nearly 1mg of zinc. It's a good source of protein.
88. Walnuts	1oz (14 halves): 182 calories, 17g fat	Walnuts are very rich in an omega-3 fatty acid called alpha-linolenic acid, which helps protect against heart disease.

Oils

89. Canola Oil	1 tbsp: 124 calories, 14g fat	The only cooking oil that's rich in the two healthiest fats: monosaturated and omega-3's. It's a good all-purpose oil. Flaxseed Oil- 1 tbsp: 124 calories, 14g fat/ It's rich in the vegetarian form of omega-3 fatty acids. Mix with balsamic vinegar for a tasty salad dressing.
90. Flaxseed Oil	1 tbsp: 124 calories, 14g fat	It's rich in the vegetarian form of omega-3 fatty acids. Mix with balsamic vinegar for a tasty salad dressing.
91. Olive Oil	1 tbsp: 120 calories, 14g fat	Besides its extremely high monosaturated fat content, olive oil contains a heart-healthy compound called squalene.

Grains

92. Barley	1/2 cup, cooked: 97 calories, 0g fat	Barley is a great source of a soluble fiber called beta-glucan (also found in oats), which helps lower blood cholesterol.
93. Bran Cereal-Varies	1/2 cup: 80 calories, 1g fat	The easiest way to make inroads into that 20-30g of fiber recommendation. Cereals range from 2g to 9g of fiber per serving.
94. Flaxseed	1 tbsp seeds: 60 calories, 4g fat	One of the richest source of health protective lignans and a good source of omega-3 fatty acids.
95. Oats and Oat Bran	1 cup: 88 calories, 2g fat	A cup of cooked oat bran or 11/2 cups oatmeal lowers cholesterol 5%.
96. Rye Crackers	1 4 1/2 x 2 1/2 cracker, 5oz.: 37 calories, 0g fat	Rye crackers are one of the few foods containing rye bran. The bran has lignans and 2.5g of fiber per 1/2oz. of crackers.
97. Wheat Germ	1/4 cup wheat germ: 103 calories, 4g fat	Wheat germ is rich in fiber, provides your daily selenium dose and is one of the few foods rich in vitamin E.
98. Whole Grains such as bulgars	1 cup, cooked: 150-220 calories, 0g-2g fat	Besides the lignans and vitamins, these grains supply the complex carbs that mete out a slow, even supply of energy all day.
99. 100% Whole Wheat Bread	2 slices: 138 calories, 2g fat	Each slice of 100% whole wheat bread has 1/3g of fiber, plus other nutrients. Forget regular "wheat" bread.
100. Whole Wheat Pasta	1 cup: 174 calories, 1g fat	All the nutrients of whole wheat bread, a great source of selenium.

Health Food Glossary

ANTHOCYANINS	Plant pigments that help protect you from heart disease.
ANTIOXIDANT	A substance that prevents harmful molecules called free radicals from damaging DNA. Free radicals may be a cause of cancer, heart diseases and other chronic diseases.
CAROTENOIDS	Antioxidant plant pigments that are converted to vitamin A by the body. There are several types: beta-carotene, a major plant source of vitamin A, which lowers the risk for heart disease and cancer; lutein and zeaxanthin, which are linked to a reduced risk of age-related degeneration, a major cause of vision loss and blindness in older adults; lycopene, linked with a lower risk of heart attack and cancer.
CONJUGATED LINOLEIC ACID	Beef, lamb, and full-fat cheeses are rich in CLA, which halts tumor formation in animals.
LLAGIC ACID	A plant compound that detoxifies and traps carcinogens.
FLAVONOIDS	Plant compounds that deter cancer in a number of ways.
FOLIC ACID	B vitamin that helps prevent birth defects and lower levels of homocysteine, an amino acid linked to heart disease.
INDOLES	Compounds that help fight cancer.
ISOFLAVONES	Compounds that act as weak estrogens (phytoestrogens-see page 90). Eating 90mg of isoflavones daily can improve bone density.
ISOTHIOCYANATES	Compounds, including sulphoraphane, that protect against cancer.
LIGNANS	Phytoestrogens that help prevent cancer.
MONOSATURATED FAT	The heart-healthiest type of fat.
OMEGA-3 FATTY ACIDS	A type of fat that reduces the risk factors for heart disease.
ORGANOSULFIDES	Substances that help lower cholesterol.
PHYTOESTROGENS	Compounds that are structurally similar to human estrogen. One difference: They do not promote breast and endometrial cancer. In fact, they help protect against these cancers, while providing many of the same heart and bone protective effects as human estrogen.