

The World's Healthiest Foods

Vegetables

- Asparagus
- Avocados
- Beets
- Bell peppers
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Collard greens
- Cucumbers
- Eggplant
- Fennel
- Garlic
- Green beans
- Green peas
- Kale
- Leeks
- Mushrooms, crimini
- Mushrooms, shiitake
- Mustard greens
- Olives
- Onions
- Potatoes
- Romaine lettuce
- Sea vegetables
- Spinach
- Squash, summer
- Squash, winter
- Sweet potatoes
- Swiss chard
- Tomatoes
- Turnip greens
- Yams

Seafood

- Cod
- Halibut
- Salmon
- Sardines
- Scallops
- Shrimp
- Tuna

Fruits

- Apples
- Apricots
- Bananas
- Blueberries
- Cantaloupe
- Cranberries
- Figs
- Grapefruit
- Grapes
- Kiwifruit
- Lemon/Limes
- Oranges
- Papaya
- Pears
- Pineapple
- Plums
- Prunes
- Raisins
- Raspberries
- Strawberries
- Watermelon

Eggs & Low-Fat Dairy

- Cheese, low-fat
- Eggs
- Milk, 2%, cow's
- Milk, goat
- Yogurt

Beans & Legumes

- Black beans
- Dried peas
- Garbanzo beans (chickpeas)
- Kidney beans
- Lentils
- Lima beans
- Miso
- Navy beans
- Pinto beans
- Soybeans
- Tempeh
- Tofu

Poultry & Lean Meats

- Beef, lean organic
- Calf's liver
- Chicken
- Lamb
- Turkey
- Venison

Nuts & Seeds

- Almonds
- Cashews
- Flaxseeds
- Olive oil, extra virgin
- Peanuts
- Pumpkin seeds
- Sesame seeds
- Sunflower seeds
- Walnuts

Grains

- Barley
- Brown rice
- Buckwheat
- Corn
- Millet
- Oats
- Quinoa
- Rye
- Spelt
- Whole wheat

Spices & Herbs

- Basil
- Black pepper
- Cayenne pepper
- Chili pepper, dried
- Cilantro/Coriander seeds
- Cinnamon, ground
- Cloves
- Cumin seeds
- Dill
- Ginger
- Mustard seeds
- Oregano
- Parsley
- Peppermint
- Rosemary
- Sage
- Thyme
- Turmeric

Natural Sweeteners

- Blackstrap molasses
- Cane juice
- Honey
- Maple syrup
- **Other**
- Green tea
- Soy sauce (tamari)
- Water