



THE 5 FOODS YOU SHOULD EAT EVERY DAY

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Eating right on a budget can be a challenge, but it's certainly not impossible. Consider this your cheat sheet to the 5 inexpensive foods you should eat everyday for optimum health.

#1 Leafy greens

Medical experts call them one of nature's miracle foods. Leafy greens like Swiss chard and kale are high in nutrients like folate and vitamins A and C that can lower your risk of cancer. Just one cup of dark, leafy greens a day could also prevent diabetes and high blood pressure.

#2 Nuts

Many nutritionists recommend nuts like almonds, cashews and walnuts because they're high in natural fiber. Fiber slows your digestive process, keeping hunger and unhealthy mid-afternoon snacks at bay.

#3 Onions

Studies show that consuming onions on a regular basis may reduce symptoms of asthma and the risk of developing stomach cancer. Add them to soups and stir-fry, and just remember -- the stronger the onion, the greater the health benefit.

#4 Whole grains

Refined grains, like white rice and pasta, have lost 90% of their nutritional value through the refining process. As if that weren't reason enough to choose whole grains like brown rice, quinoa and whole oats, a recent study showed that a diet rich in whole grains actually flattens your belly by reducing fat storage in your lower abdominal region.

#5 Yogurt

Making yogurt part of your daily eating routine can improve your digestion -- if you're buying the right stuff. Check that the label lists "active cultures" to make sure you're getting healthy probiotics, and pick a yogurt rich in vitamin D to prevent osteoporosis.