

## A List of 50 Super Healthy Foods

Eating a wide variety of nutritious foods, including fruit, vegetables, nuts, seeds, and lean protein can help support your overall health.

Many foods are both healthy and tasty. By filling your plate with fruits, vegetables, quality protein sources, and other whole foods, you'll have meals that are colorful, versatile, and good for you.



## Here are 50 healthy and delicious to include in your diet.

### **1–6: Fruits and berries**

[Fruits](#) and berries are popular health foods.

They are sweet, nutritious, and easy to incorporate into your diet because they require little to no preparation.

#### **1. Apples**

[Apples](#) contain fiber, vitamin C, and numerous antioxidants. They are very filling and make the perfect snack if you're hungry between meals.

#### **2. Avocados**

[Avocados](#) are different from most other fruits because they contain lots of healthy fat. They are not only creamy and tasty but also high in fiber, potassium, and vitamin C. Swap mayonnaise for avocado as a salad dressing, or spread it on toast for breakfast.

#### **3. Bananas**

[Bananas](#) are a good source of potassium. They're also high in vitamin B6 and fiber and are convenient and portable.

#### **4. Blueberries**

[Blueberries](#) are both delicious and high in antioxidants.

#### **5. Oranges**

[Oranges](#) are well known for their vitamin C content. What's more, they're high in fiber and antioxidants.

#### **6. Strawberries**

[Strawberries](#) are highly nutritious and low in both carbs and calories.

They provide vitamin C, fiber, and [manganese](#) and make a delicious dessert.

### **Other healthy fruits**

Other healthy fruits and berries include cherries, grapes, grapefruit, kiwi, [lemons](#), mangoes, melons, olives, peaches, pears, pineapples, plums, and raspberries.

—Anna Williams/Offset

#### **7. Eggs**

[Eggs](#) are highly nutritious.

Once demonized for being high in [cholesterol](#), [experts](#)[Trusted Source](#) now see them as a useful source of protein that may have various benefits.

## **8–10: Meats**

Lean, unprocessed meats can be included in a healthy diet.

### **8. Lean beef**

Lean beef is an excellent [source of protein](#) if you consume it in moderation. It also provides [highly bioavailable iron](#).

### **9. Chicken breasts**

[Chicken](#) breast is low in fat and calories but high in [protein](#). It's a great source of many nutrients.

### **10. Lamb and mutton**

Sheep are usually grass-fed, and [their meat](#) tends to be [high in](#)[Trusted Source](#) omega-3 fatty acids compared with omega-6.

## **11–15: Nuts and seeds**

Despite being high in unsaturated fat and calories, nuts and seeds [may help lower the risk](#)[Trusted Source](#) of cardiovascular disease, cancer, and other health issues. They are a satisfying snack could help those managing their weight.

They also require almost no preparation, so they're easy to add to your routine. They can also add texture to salads and other dishes.

However, they are not suitable for people with a [nut allergy](#).

### **11. Almonds**

[Almonds](#) are a popular nut that contain with vitamin E, antioxidants, magnesium, and fiber. A [2021 review](#)[Trusted Source](#) found that almonds may contribute to weight loss, support the gut microbiota, improve thinking, manage heart rate when a person is under stress, and prevent skin aging.

### **12. Chia seeds**

[Chia seeds](#) are a nutrient-dense addition to the diet. A single ounce (28 grams) provides 11 grams of fiber and significant amounts of magnesium, manganese, calcium, and various other nutrients.

### **13. Coconuts**

[Coconuts](#) provide fiber and fatty acids called medium-chain triglycerides (MCTs).

#### **14. Macadamia nuts**

[Macadamia nuts](#) are tasty and higher in monounsaturated fats and lower in omega-6 fatty acids than most other nuts.

#### **15. Walnuts**

Walnuts are highly nutritious and rich in [fiber](#) and various vitamins and minerals. Pair them with feta cheese to dress a salad.

#### **16. Brazil nuts**

[Brazil nuts](#) are nutrient-rich and have a smooth, buttery texture. The nutrients they contain support thyroid function, and they are a good source of the mineral [selenium](#).

### **17–26: Vegetables**

Calorie for calorie, vegetables are among the most concentrated sources of nutrients. Including a variety of vegetables in your diet will ensure you get a wide range of nutrients.

#### **17. Asparagus**

[Asparagus](#) is a popular vegetable that is low in both carbs and calories and rich in vitamin K.

#### **18. Bell peppers**

Bell peppers come in several colors, including red, yellow, and green. They're crunchy and sweet and are a great source of antioxidants and [vitamin C](#).

#### **19. Broccoli**

[Broccoli](#) is a cruciferous vegetable that tastes great both raw and cooked. It's an excellent source of fiber and vitamins C and K and contains a decent amount of protein compared with other vegetables.

#### **20. Carrots**

[Carrots](#) are a popular [root vegetable](#). They're sweet, crunchy, and loaded with nutrients such as fiber and vitamin K. They're also high in carotene antioxidants, which have numerous benefits.

Put a few carrot sticks in your lunch box or use them for eating guacamole and other dips.

#### **21. Cauliflower**

[Cauliflower](#) is a very versatile cruciferous vegetable. You can add it to curries, roast it with olive oil, or use it raw in salads or for dipping.

## **22. Cucumber**

[Cucumbers](#) make a refreshing snack. They are low in both carbs and calories, consisting mostly of water. They also contain small amounts of vitamin K and other nutrients.

## **23. Garlic**

[Garlic](#) is a healthy and tasty addition to salads and cooked savory dishes. It [contains Trusted Source](#) allicin, which has antioxidant and antimicrobial effects. Its nutrients may also reduce the risk of cancer and cardiovascular disease.

## **24. Kale**

[Kale](#) is high in fiber, vitamins C and K, and other nutrients. It adds a satisfying crunch to salads and other dishes. You can also add it to stir fries or bake in the oven to make crunchy kale chips.

## **25. Onions**

Onions have a strong flavor and feature in many recipes. They contain a number of bioactive compounds believed to have [health benefits](#).

## **26. Tomatoes**

Tomatoes are usually categorized as a vegetable, although they are [technically a fruit](#). They are tasty and provide nutrients such as potassium and vitamin C. For a bit of fun and extra flavor, try growing tomatoes on your windowsill.

## **More healthy vegetables**

Other vegetables worth mentioning are artichokes, [Brussels sprouts](#), cabbage, celery, eggplant, leeks, lettuce, mushrooms, radishes, squash, Swiss chard, collard greens, turnips, and zucchini.

## **27–32: Fish and seafood**

Fish and other seafood can be [healthy and nutritious](#). They're rich in omega-3 fatty acids and iodine.

Research [suggests Trusted Source](#) that eating oily fish can boost a person's heart and brain health.

## **27. Salmon**

Salmon is a type of oily fish that is tasty and high in nutrients, including protein and omega-3 fatty acids. It also contains some [vitamin D](#).

## **28. Sardines**

Sardines are small, oily, and [highly nutritious](#) fish. They provide many nutrients, including calcium and vitamin D.

## **29. Shellfish**

Shellfish are nutrient dense and make a tasty light meal. Edible [shellfish](#) include clams, mollusks, and oysters. Be sure to get them from a reputable source to ensure they are fresh and [toxin-free](#).

## **30. Shrimp**

[Shrimp](#) is a type of crustacean related to crabs and lobsters. It tends to be low in fat and calories but high in protein. It also provides selenium and vitamin B12.

## **31. Trout**

Trout is another type of delicious freshwater fish, similar to [salmon](#).

## **32. Tuna**

Tuna tends to be low in fat and calories and high in protein. It's perfect for people who need to add more protein to their diets but keep calories low. Be sure to buy [low mercury varieties](#) that are [responsibly sourced](#).

## **33–35: Grains**

Whole [grains](#) play an important role in your diet because they are healthy carbs and provide a variety of micronutrients, fiber and, fuel for your body. They may also help with weight management.

### **33. Brown rice**

Rice is a staple food for much of the world's population. [Brown rice](#) is more nutritious than white rice, with decent amounts of fiber, vitamin B1, and magnesium.

### **34. Oats**

[Oats](#) provide nutrients and powerful fibers called beta glucans. Glucans provide numerous benefits, including helping lower cholesterol and feed beneficial bacteria in the gut.

### **35. Quinoa**

[Quinoa](#) is a tasty grain that's high in nutrients such as fiber and magnesium. It is also an excellent source of plant-based protein.

## **36–37: Breads**

Whole grain breads can be high in fiber and other nutrients, and are a better choice than highly processed white [bread](#).

When buying bread, compare product labels and look for those with the most dietary fiber and the least added sugar.

If you make your own bread, you'll know exactly what goes into it. A bread making machine can help if you're not sure about baking.

### **36. Ezekiel bread**

[Ezekiel bread](#) is made from organic sprouted whole grains and legumes.

### **37. Homemade low-carb and gluten-free breads**

If you're looking for low-carb or gluten-free breads, you might want to consider making your own. Here's [a list of 15 recipes](#) for gluten-free, low carb breads.

## **38–41: Legumes**

[Legumes](#) are a great plant-based source of protein, iron, and fiber.

Legumes can sometimes interfere with digestion and nutrient absorption, but soaking and properly preparing them can reduce this risk.

### **38. Green beans**

Green beans, also called string beans, are an unripe variety of the common bean. Use them whole as a side dish or add them cold to salads.

### **39. Kidney beans**

Kidney beans contain fiber and various vitamins and minerals. Make sure to cook them properly, because they're toxic when raw.

### **40. Lentils**

[Lentils](#) are another popular legume. They're high in fiber and a good source of plant-based protein.

### **41. Peanuts**

Peanuts are, in fact, legumes, not true nuts. They are tasty and high in nutrients and antioxidants. One [study](#)[Trusted Source](#) has concluded that peanuts can aid in weight loss and may help manage blood pressure.

However, if you're monitoring your calorie intake, you may want to be mindful of your consumption of [peanut butter](#), which is very high in calories and easy to eat in large amounts.

## **42–44: Dairy**

For those who can tolerate them, [dairy](#) products are a healthy source of various important nutrients.

### **42. Cheese**

A [single slice](#) of cheese may offer about the same amount of nutrients as an entire cup (240 ml) of milk. It's also a tasty addition to many dishes and can replace meat as a protein food. However, it can be high in fat.

There are many types of cheese, with different flavors and textures. Opt for less processed varieties of cheese.

### **43. Dairy milk**

Dairy [milk](#) contains vitamins, minerals, protein, and calcium.

A [2022 review](#)[Trusted Source](#) concluded that people who consume dairy products are less likely to die from cardiovascular disease (CVD) than those who don't. However, full-fat dairy may increase the risk of CVD and some cancers.

### **44. Yogurt**

[Yogurt](#) is made from milk that is fermented through the addition of live bacteria. It has many of the same health effects as milk, but yogurt with live cultures has the added benefit of friendly probiotic bacteria.

## **45–46: Fats and oils**

Dietary patterns that include unsaturated fats and oils are considered very healthy.

### **45. Extra-virgin olive oil**

[Extra-virgin olive oil](#) is one of the healthiest vegetable oils. It contains heart-healthy monounsaturated fats and is high in antioxidants that have powerful health benefits.

### **46. Coconut oil**

[Coconut oil](#) is a saturated fat, but it contains [MCTs](#) and may have similar health effects to olive oil.



However, coconut oil has been [shown to increase LDL](#)[Trusted Source](#) (bad) cholesterol to a greater degree than other plant-based liquid oils, so it's best to use it in moderation.

## **47–48: Tubers**

Tubers are the storage organs of some plants. As foods, they are called [root vegetables](#).

### **47. Potatoes**

[Potatoes](#) provide potassium and contain a little of almost every nutrient you need, including vitamin C. With their jackets, they are also a good source of fiber.

Potatoes [contain more](#)[Trusted Source](#) water and are less energy-dense than pasta and rice, and can leave you feeling full, so that you don't need to eat more. As a result, they may help with weight loss.

### **48. Sweet potatoes**

[Sweet potatoes](#) are rich in antioxidants, beta carotene, vitamin A, and other essential nutrients. Eat them baked, mashed, or added to other dishes.

## **49. Apple cider vinegar**

[Apple cider vinegar](#) may help regulate postmeal blood sugar levels when consumed with a meal, though more evidence is needed on its effectiveness. It's great to use as a salad dressing or to add flavor to meals.

## **50. Dark chocolate**

[Dark chocolate](#) contains antioxidants known as flavonoids that [may help manage](#)[Trusted Source](#) cholesterol and reduce the risk of heart disease. However, the amount of chocolate that is usually healthy to eat is not enough to provide significant benefits.

The [American Heart Association](#)[Trusted Source](#) recommends eating chocolate but in moderation and for enjoyment rather than its health benefits.