

2007 Super Star FOODS

This year, stock up on the following Oscar-winning nutrients. Each impressive category offers a wealth of disease-fighting substances for a New Year filled with heightened health and energy!

1. **Vitamin D (Foods and/or Supplements):** Although few foods provide ample Vitamin D, it's a vitamin well worth going out of your way for. Numerous studies confirm it's essential for bone health; it stops abnormal cell growth and may help to better your mood. Drink fortified skim and low-fat milk, eat salmon with bones, and take a multivitamin with 400 IUs. If you're taking an additional calcium supplement - make sure it also includes Vitamin D3 (D3, also called cholecalciferol, is the most active form).
2. **Omega 3 Fats:** Whether you get your Omega 3s from fatty fish such as wild salmon, sardines or mackerel or plant-based options like flaxseeds, walnuts and canola oil, be sure to incorporate them into your daily diet. Research shows they can improve your mood, digestion, and overall heart health.
3. **Beans and Legumes:** an excellent and inexpensive source of protein, fiber, folic acid and phytonutrients. Incorporating beans and lentils regularly into your diet can help lower cholesterol, triglycerides, and blood sugar levels. Add chick peas to salads, kidney and black beans to chili, add lentils to soups and experiment by pureeing beans to make delicious dips.
4. **Fruits and Vegetables:** No matter which you choose, vegetables and fruit provide a wide variety of disease-fighting vitamins, minerals, fiber, and phytonutrients. Aim to eat four+ cups of vegetables and at least two fresh fruits each day.
5. **Spices:** Provide antioxidants and anti-inflammatory properties that enhance your health and quality of life. Season your food and recipes with cloves, curry, oregano, fennel, rosemary, pepper, turmeric, and ginger.
6. **Tea:** Whether it's green, black, oolong or white - you'll reap benefits from drinking tea. Tea provides polyphenols, which help neutralize dangerous free radicals in the body.

Credit - Joy Bauer, M.S., R.D., C.D.N.