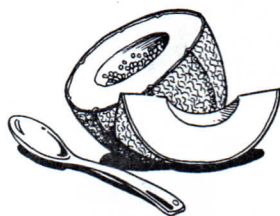


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more food  
secrets!

# 10 Super Foods You *Should* Eat!



## 1 Cantaloupe.

A quarter of a delicious melon supplies as much vitamin A and C as most people need in an entire day.



## 2 Sweet Potatoes.

A nutritional All-Star — one of the best vegetables you can eat. They're loaded with vitamin A, carotenoids, vitamin C, potassium, and fibre. Mix in unsweetened applesauce or crushed pineapple for extra moisture and sweetness.



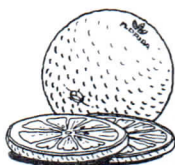
## 3 Skim or 1% Milk (but not 2%).

Excellent source of calcium, vitamins, and protein, with little or no artery-clogging fat and cholesterol. (Soy milk can have just as many nutrients — if the company adds them.)



## 4 Salmon or other fatty fish.

The omega-3 fats in fish, especially fatty fish like salmon, sardines, and rainbow trout, can reduce the risk of sudden-death heart attacks.



## 5 Oranges.

Great-tasting and rich in vitamin C, folic acid, and fibre.

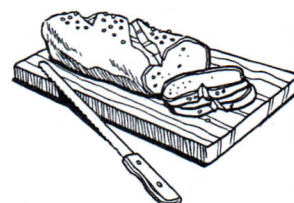
## 6 Broccoli.

Lots of vitamin C, carotenoids, and folic acid.



## 7 Whole-Grain Bread.

It's higher in fibre and about a dozen vitamins and minerals than enriched white bread or "wheat" bread.



## 8 Watermelon.

Excellent source of vitamin C and carotenoids — and it tastes great! Perfect for a snack, dessert, or picnics.



## 9 Beans.

Inexpensive, low in fat, and rich in protein, iron, folic acid, and fibre. Choose garbanzo, pinto, black, navy, kidney, or lentils. Eat them as a side dish or snack, in a tortilla with salsa, or in a soup.



## 10 Spinach or Kale.

Loaded with vitamin C, carotenoids, calcium, and fibre.

