

GET SMART ABOUT SUPER-FOODS

So-called "superfoods" alone won't make you healthier — but adding these nutritious foods to an already balanced diet can bring health benefits.

EAT SMART ADD COLOR MOVE MORE BE WELL

Beans & Legumes

- Economical, plant-based source of protein
- Provide fiber, magnesium and phytonutrients

Berries

- High level of flavonoids
- Can lower risk of heart attack in women

Dark Leafy Greens

- Packed with nutrients, fiber and antioxidants
- Low in calories and carbohydrates

Nuts & Seeds

- Provide protein, fiber and unsaturated fats
- Best options are unsalted

Oats

- Whole-grain source of dietary fiber
- Can lower risk of heart disease, stroke and diabetes

Pumpkin

- Provides fiber, potassium and vitamin A
- Canned is a convenient, nutrient-loaded choice

Salmon

- Healthy protein
- Provides Omega-3 Fatty Acids

Skinless Poultry

- Usually leaner than beef
- Tastes great grilled, roasted or baked

Yogurt

- Provides calcium, protein & vitamin D
- Best options are low-fat or fat-free