



# Eating Healthy to Start the New Year

Help give your everyday diet a healthy boost with adding some super foods to your meals or snacks. The following are among your best bets for eating well because they meet at least three of the following criteria:

- Good or excellent source of fiber, vitamins, minerals and other nutrients
- High in phytonutrients and antioxidant compounds, such as vitamins A and E and beta carotene
- May help reduce risk of heart disease and other health conditions
- Low in calorie density, meaning you get a larger portion size with a fewer number of calories
- Readily available

## What are the “Super Foods” and why?

### Beans/legumes

- Beans can be counted either as vegetables or in the meat, poultry, fish, eggs and nut group
- 1/4 cup of beans count as one ounce of meat, poultry or fish (1/2 cup of cooked beans is one serving)
- Loaded with protein and fiber, which will help you stay fuller longer
- Good protein options without the saturated fat and higher calories as an animal protein

### Avocado

- Avocados are actually a fruit
- Contain heart-healthy mono-unsaturated fat
- Have been shown to help reduce cholesterol levels, promote healthy vision and potentially protect against cancer

### Tomatoes

- Tomatoes are actually a fruit
- Low in calories and an excellent source of fiber, potassium, vitamins A and C
- Lycopene, the pigment that gives red tomatoes their color, appears to have strong antioxidant capabilities, and a diet rich in lycopene may be associated with lower risks of prostates cancer and heart disease

### Dark leafy greens/spinach

- Good source of folate, beta-carotene, iron and vitamins K, C and B
- Provides fiber and calcium

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## Whole grains

- Dietary Guidelines for Americans recommend making half of the grains you eat whole, so try to include at least three servings of whole grains daily
- Contains dietary fiber, which may help reduce your risk of heart disease, cancer and diabetes

## Nuts and seeds

- Nuts may help reduce your risk of heart disease, diabetes and some forms of cancer
- Although higher in fat, they contain healthy mono-unsaturated and polyunsaturated fats; but watch your portion sizes

## Salmon

- High in heart-healthy omega-3 fats
- Lean protein source

## Yogurt

- “Eat the whey!” Whey is the liquid that can pool at the top of a yogurt container, and is the source of much of the yogurt’s calcium
- Look for yogurts with live cultures, good bacteria for your gastrointestinal system
- Watch out for added sugars; 6 ounces of plain yogurt has about 12 grams of naturally occurring sugar, anything over that may be added sugars or fruit
- Try out all the different kinds: Greek, kefir, low fat, light, squeezable, drinkable, added fiber, added cultures

## Super food salad with avocado cilantro lemon vinaigrette

### Ingredients (serves 5):

- 1/2 cup dry quinoa
- 1/3 cup red onion, chopped
- 1 cup canned black beans, rinsed and drained
- 1 cup frozen corn, thawed
- Salt and pepper

### For the lemon vinaigrette:

- 2 lemons, juiced (need 1/4 cup juice)
- 2 garlic cloves, microplaned or finely minced
- Dash of sweetener (agave nectar, stevia or white sugar)
- Salt and pepper
- 6 Tablespoons extra virgin olive oil
- 1 avocado, chopped
- 1/3 cup cilantro, chopped or whole if using blender

### Instructions:

- Cook quinoa according to package directions. Set aside to cool.
- **For the avocado cilantro lemon vinaigrette:** combine all ingredients in a jar with a tight fitting lid and shake to combine. Or, add all ingredients into a blender and pulse until dressing like consistency.
- Combine cooled quinoa with red onion, beans, corn, salt and pepper. Pour avocado cilantro lemon vinaigrette over the salad and stir to combine. Serve cold or at room temperature.



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