
10 Foods To Eat

We all know how eating is simple but keeping a diet is difficult. Different health issues can restrict us from eating some particular types of food. But yet, even we are not under restriction, our diet can improve our health and make us stronger. So let's see some of the foods that are rich in nutrient and can be easily added to our daily meals.

1) YOGURT:

The probiotic organisms from yogurt is beneficial to the body. These organisms help strengthen our immune system. However, not all yogurts have these probiotic organisms. So before buying make sure to check the label to find the one that carries "live and active cultures".

2) CARROTS:

This vegetable has so many health benefits. It contains a fat compound that is soluble called CAROTENOIDS. Carotenoids helps in fighting and preventing cancer and also help in reducing inflammation in our body.

3) SPINACH:

Spinach forms a base for making some of the medicinal products like omega-3s and also folates. This product help reduces and prevents stroke, heart disease, and osteoporosis. Spinach also makes a wonderful vegetable for salad so adding it to your meals is also easy.

4) TOMATOES:

The red ripe tomatoes are better since they contain more lycopene than the unripe. Lycopene is an antioxidant which helps reduce the risk of lung, bladder, skin, stomach, and prostate cancer.

5) BLUEBERRIES:

Berries in general are rich source of fiber. They also contain antioxidant and vitamins C and A. The fiber helps in fighting cancer, diabetes, and memory challenges due to old age.

6) EGGS:

Eggs are highly proteinous; one egg contains about 6 grams of protein. The yolk contains two

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antioxidant which are: zeaxanthin and lutein which are good for the eyes.

7) OATS:

Oats are mostly served as breakfast. Very in fiber which protects us from many heart disease. Most oats are cheap to buy and easy to add to our meals.

8)NUTS:

As small as they come, they have a lot to offer to the human body. Nuts are rich sources of fats and magnesium. There are 2 nutrients help keep the heart healthy.

9) BLACK BEANS:

All beans are nutritious to the body but black beans stands out when considering your brain's health. Black beans are rich in a special antioxidant called anthocyanins. Anthocyanins have the ability to improve brain power.

10) ORANGES:

Oranges most times are not regarded as fruit of high importance but they have a lot offer to the human body. They are a great source of vitamin c which is essential to the body producing antibodies including white blood cells.

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