

10 Foods You Should Eat Every Day

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The majority of foods that the many people are eating are dense with ingredients that are helping to create poor health or foods that are processed in such a way that is helping (a big helping) your health take a downward spiral if consistently eaten. These foods should really come with a warning label!

Foods that are packed with nutrients like vitamins, minerals, antioxidants, phytochemicals, enzymes are *powerful* in terms of creating optimal health and it is these types of foods that will take you to living a vibrant quality life full of energy and lack of symptoms, illness and disease – optimal health.

Green Tea



Here are 10 Foods You Should Eat Every Day: Green Tea

There are a vast amount of studies showing green tea's health and weight lost benefits. What is responsible for green tea's ability to prevent disease and more? The catechins contained in the leaves of the tea plant. Catechins are a group of antioxidants that are powerful in their protective ability against illness and disease. Green tea is also beneficial as an adjunct to any weight loss program. The catechin EGCG contained in it ramps up metabolism as well.

Almonds



Here are 10 Foods You Should Eat Every Day: Almonds

Almonds or *badam* are high in the heart-healthy oleic acid that is responsible for many health benefits including a better memory. Almonds are high in fiber and protein and because they are so crunchy, just one ounce will go a long way compared to other nuts.

Blueberries



10 Foods You Should Eat Every Day: Blueberries

Blueberries are one of the most antioxidant rich foods in the world. Antioxidants are necessary for life and are well known to reverse and prevent heart disease and even cancer. The blue color of the berry comes from its polyphenols which provide most of its antioxidant properties. Blueberries are also high in vitamin C and fiber.

Bell Peppers



10 Foods You Should Eat Every Day: Bell Peppers

Bell Peppers come in many different shades such as green, purple, orange and red. Each of them, because of their color, adds a distinct different array of phytonutrients that will help to create optimal health. Bell peppers are dense with vitamin C and vitamin E..both protective against poor health. The regular intake of antioxidant nutrients such as you find with these 10 foods, can help reduce the likelihood of chronic inflammation from the typical processed modern diet.

Yogurt



10 Foods You Should Eat Every Day: Yogurt

Greek yogurt has less natural sugar Lactose and more protein than regular yogurt. This means that ounce for ounce, you are getting a nutritional punch of calcium (a single cup has almost 25% of your daily requirement) and that translates to more lost body fat and better health. Yogurt also contains beneficial bacteria that calm down inflamed digestive tracts as well as boosting your immune system. Your digestive tract is where 70% of your immune system resides.

Avocado



10 Foods You Should Eat Every Day: Avocado

Yes, there is a rampant fat phobia going on right now thanks to the myth of no or low-fat was healthy for you. Healthy fat is critical not just to weight loss, but to optimal health and that includes your mood as well. The type of fat in avocados – monounsaturated fat improve your cholesterol and decrease triglycerides (fats) in your blood..this means a reduced risk of heart disease and stroke. Avocados also put the brakes on cravings and hunger.

Quinoa



10 Foods You Should Eat Every Day: Quinoa

Quinoa is one of the only plant foods that is a complete protein! This is great information for everyone and especially vegetarians. It has more fiber and twice as much protein as brown rice; quinoa even cooks just like rice. It is chock-full of healthy nutrients and when you add the high fiber and high protein along with an added healthy fat, you have a food that will balance blood sugar and that means less weight and better health for you.

Apples



10 Foods You Should Eat Every Day: Apple

Compared to other commonly consumed fruits in the US, apples ranked second for highest antioxidant activity. Much of apple's antioxidant awesomeness is in the peel! So do not peel the apple – buy organic. Even though apples contain a modest amount of fiber 2-3 grams, half of this is pectin, which has a powerful impact on your health. Apples help create better health especially in the areas of heart health, diabetes, cancer, stroke and brain health.

Spinach or *palak*



10 Foods You Should Eat Every Day: Spinach

Like other dark greens, spinach is an excellent source of beta-carotene, a powerful disease-fighting antioxidant that's been shown to protect against and fight heart disease and cancer. This dark, leafy green, contains several important phytochemicals, including lutein, which helps prevent age-related macular degeneration. Spinach also contains Lipoic Acid, which helps antioxidant vitamins C and E regenerate. Because of its role in energy production, lipoic acid is highly effective for regulating blood sugar levels. Spinach also contains a good

amount of the highly important omega 3 fats – yes! Spinach is one veggie important to optimal health.

Eggs



10 Foods You Should Eat Every Day: Eggs

Eggs are not only low in calories, they are a powerhouse of protein, vital nutrients, and healthy fat. Research has shown that people who replace carbohydrates with eggs for breakfast lost 65% more weight and egg eaters benefit greatly with more added nutrients to their diet. The high protein content in eggs not only balances blood sugar keeping you from being tempted by junk food, it helps to build muscle as well.

Add these 10 easy-to-eat, easy-to-find everyday foods to your diet to help take you to **super health**.