



Forbes

The 10 Best Foods You Can Eat

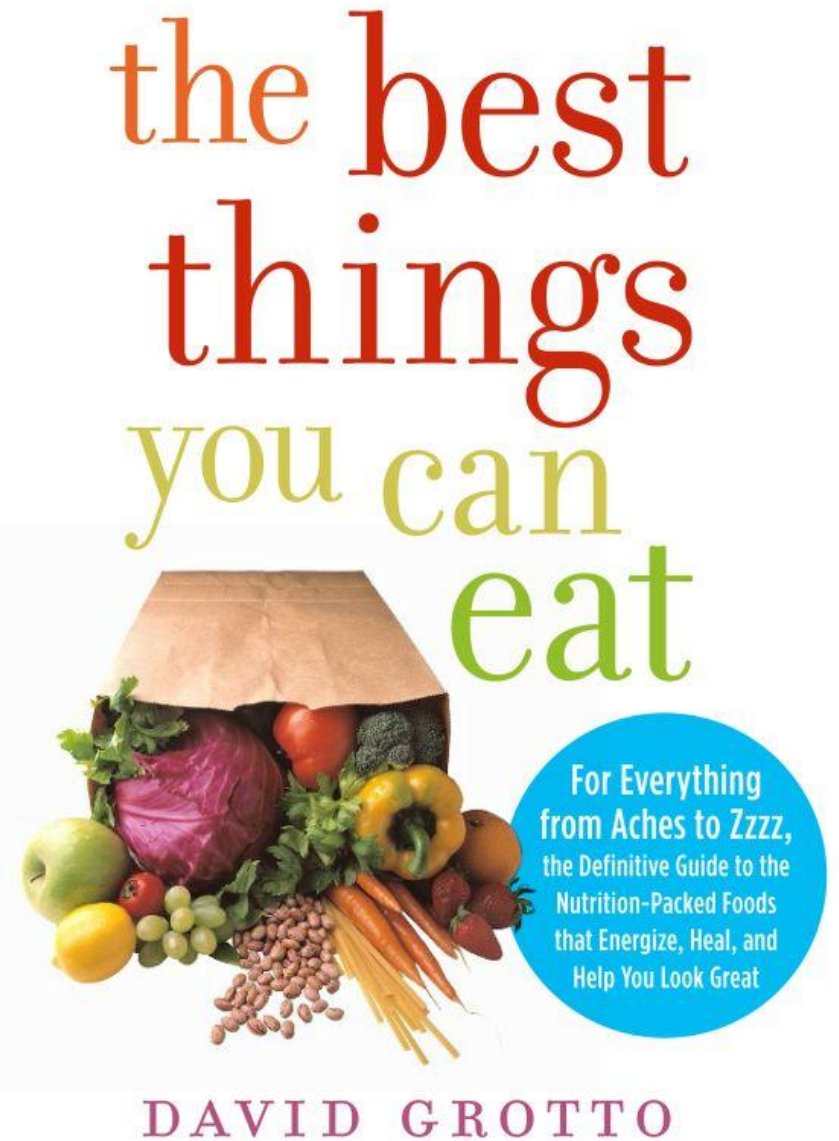
Speaking about food we prefer to talk about something delicious and tasty and hardly ever our conversations are about something really good for our health.




Foreword by Lisa Lillien, *New York Times* bestselling author of *Hungry Girl*

According to an analysis by David Grotto, a registered dietician and author of the forthcoming book *The Best Things You Can Eat*,

these 10 foods are the lowest calories and most nutritious in terms of amount and richness of vitamins, minerals, healthy fats, fiber and protein.



Beans

A top-down view of a bright orange ceramic bowl filled with red kidney beans. A silver metal scoop is partially submerged in the beans. The bowl sits on a red ceramic plate. The background is a colorful, patterned fabric with shades of green, red, and yellow.

Calories: 200 per cup
Nutrients: Rich in folate, vitamin B1 or thiamine, magnesium, molybdenum, soluble fiber, iron and potassium.

Yogurt or Kiefer

Calories: 140 per cup (plain
low-fat or non-fat)

Nutrients: Rich in pantothenic
acid, vitamin B2 or riboflavin,
calcium, phosphorous,
potassium and iodine



A photograph of a dish of beef liver. The liver is sliced into several pieces, some cut into thick, irregular chunks and others into thinner, more uniform slices. The slices are arranged on a dark, textured metal tray. To the right of the liver, there is a garnish of finely sliced green onions. In the background, there is a white ceramic plate with a blue geometric pattern, a glass of yellow liquid, and a pair of wooden chopsticks resting on a white plate with a brown object. The overall setting appears to be a dining table.

Beef Liver

Calories: 137 per 3 ounces

Nutrients: Rich in iron, vitamin A, biotin, choline, vitamin B12, vitamin B3 or niacin, vitamin B6, chromium, copper and phosphorus.

Salmon

A close-up photograph of a white plate containing a large portion of baked salmon. The salmon is seasoned with herbs and spices, showing a golden-brown crust. To the right of the salmon is a mix of vegetables, including green beans, yellow beans, and orange carrots. A slice of lemon is placed at the top left of the plate. The plate is set on a wooden surface, and a yellow and orange patterned napkin is visible on the left side.

Calories: 157 per 3 ounces

Nutrients: Rich in biotin, vitamin B12, vitamin B3 or niacin, vitamin B6, vitamin D, potassium, omega-3 fatty acids and choline.

Mushrooms



Calories: 15 per cup

Nutrients: Rich in biotin, vitamin B2, copper, chromium and pantothenic acid.


Lobster

Calories: 65 per 3 ounces

Nutrients: Rich in pantothenic acid, copper, selenium and zinc.



Soy Beans



Calories: 150 per half cup
Nutrients: Rich in vitamin B1,
vitamin B2, iron, magnesium,
phosphorus, insoluble and soluble
fiber, omega-3 fatty acids,
polyunsaturated fats and protein.

Oysters

Calories: 85 per 3 ounces

Nutrients: Rich in vitamin B12, copper, iron, selenium and zinc.





Spinach

Calories: 14 per two cups

Nutrients: Rich in folate,
vitamin D, vitamin K,
calcium, iron, magnesium
and manganese.

Pork

A wooden cutting board is the central focus, displaying a variety of fresh ingredients. On the right side, a large, thick slab of raw pork belly is positioned, showing its characteristic layers of pinkish-red meat and white fat. In front of it, several slices of the same pork belly are neatly stacked, revealing the marbled texture. To the left of the pork, there is a cluster of fresh green chili peppers, some whole and some cut. Below the green chilies are several small, vibrant red chili peppers. A piece of ginger root is placed near the center, and a bunch of fresh green lettuce leaves is on the far left. The entire scene is set against a light-colored wooden background, creating a natural and appetizing presentation.

Calories: 196 per 3 ounces
Nutrients: Rich in biotin,
choline, vitamin B3 or
niacin, vitamin B6, vitamin
B1 and zinc.



EVERY **35 DAYS** YOUR SKIN REPLACES ITSELF YOUR LIVER, ABOUT A **MONTH**.



YOUR BODY MAKES THESE NEW CELLS FROM THE **FOOD YOU EAT**.



WHAT YOU EAT LITERALLY **BECOMES YOU**. YOU HAVE A CHOICE IN WHAT YOU'RE MADE OF...



YOU ARE WHAT YOU EAT



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