



Forbes

The 10 Best Foods You Can Eat

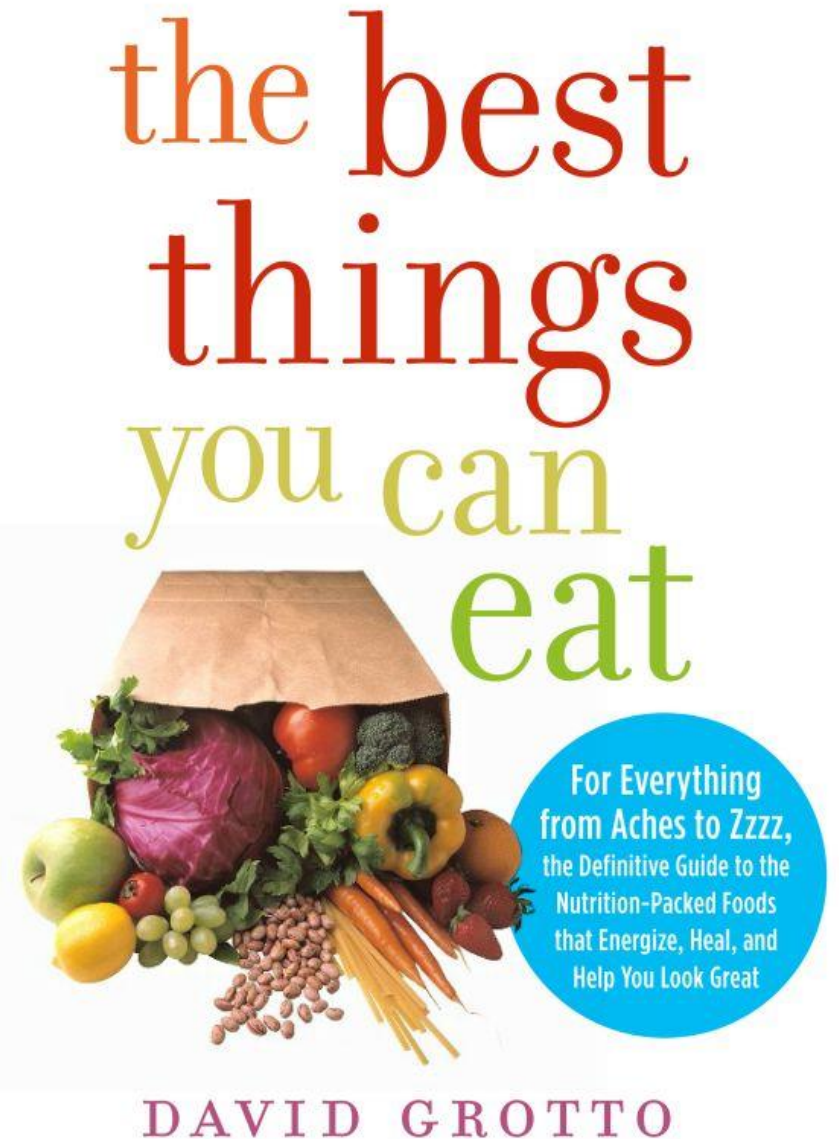
A collage of various food dishes including fried chicken, salmon, vegetables, and seafood, with a text overlay.

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.

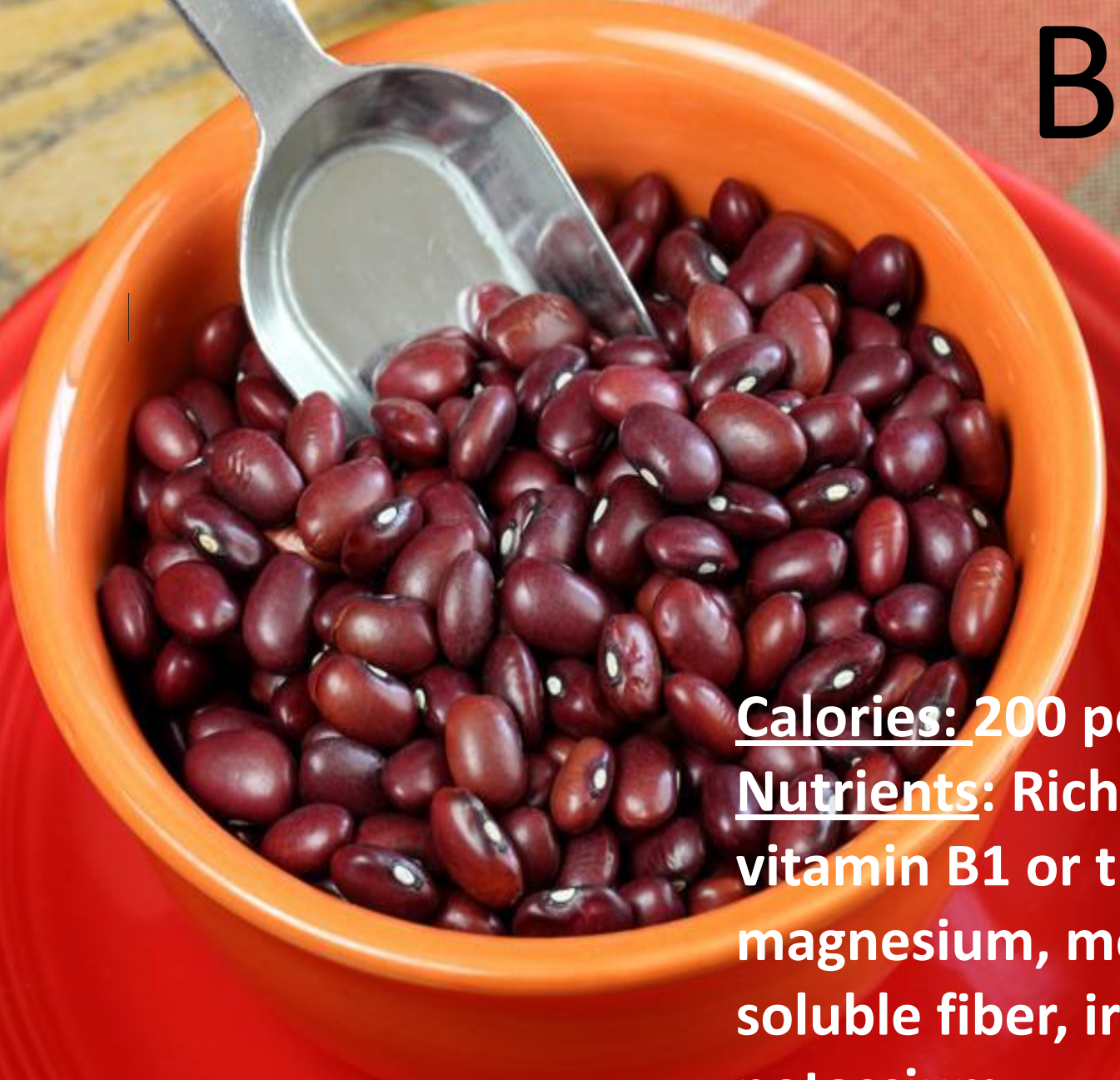
Foreword by Lisa Lillien, *New York Times* bestselling author of *Hungry Girl*

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 close-up photograph of a bright orange ceramic bowl filled with cooked red kidney beans. A silver metal spoon is partially submerged in the beans. The bowl sits on a red plate, which is placed on a surface with a colorful geometric pattern. The beans are dark red with a white spot in the center of each bean.

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 close-up photograph of a dark, rectangular plate filled with several slices of cooked beef liver. The liver is a deep reddish-brown color and appears moist. To the right of the liver, there is a garnish of thinly sliced green onions. In the background, a small white bowl with blue patterns and a glass of yellow liquid are partially visible.

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, cooked salmon fillet. The salmon is seasoned with herbs and spices, showing a golden-brown crust. To the right of the salmon are several green beans, yellow beans, and orange carrots. A lemon wedge is placed at the top left of the plate. The plate is set on a wooden surface, and a yellow and orange patterned cloth 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



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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