



Forbes

The 10 Best Foods You Can Eat

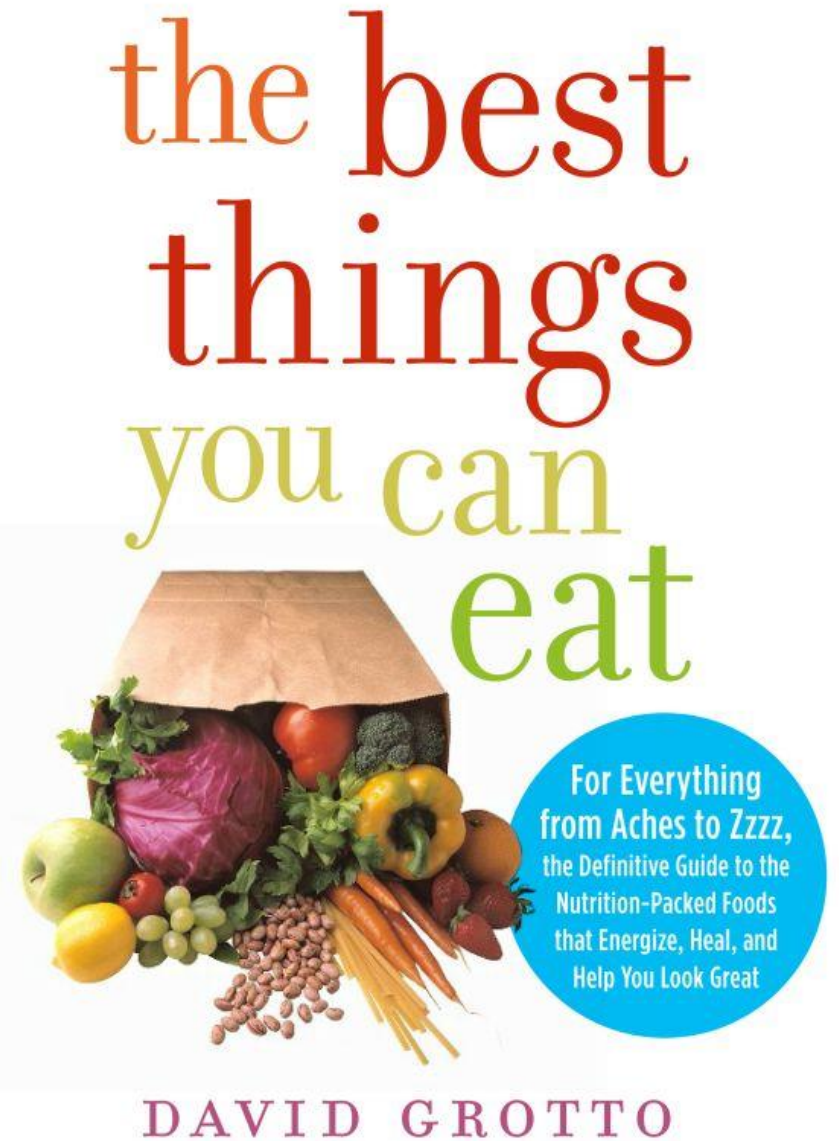
Speaking about food we prefer to talk about something delicious and tasty and hardly ever our conversations are about something really good for our health.



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 cooked 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 close-up photograph of a dark, textured metal plate containing several slices of cooked beef liver. The liver is a deep reddish-brown color and is arranged in two rows. To the right of the liver, there is a garnish of thinly sliced green onions. In the background, a white ceramic plate with blue patterns and a pair of wooden chopsticks are visible, along with a glass of yellow liquid. The entire scene is set on a wooden 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. Accompanying the salmon are several vegetables: green beans, yellow beans, and orange carrots. A slice of lemon is placed on the plate next to the salmon. 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

The image shows several sliced mushrooms, likely button mushrooms, on a dark, textured surface. One slice is in sharp focus in the foreground, showing its gills and stem. Other slices are blurred in the background, creating a sense of depth. The lighting is soft, highlighting the texture of the mushroom caps.

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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