

The Daily List: Include in your diet every day for great health

1. Leafy greens like collards, kale, spinach, Swiss chard, mustard, turnip or beet greens, arugula, romaine or leaf lettuce (not iceberg), escarole, endive, chicory, frisee, bok choy, tat soi, mizuna and other Asian greens, broccoli rabe, and dandelion. These are high in vitamin A, calcium, potassium, and other nutrients.
2. Cruciferous (cabbage family) vegetables have high amounts of an anti-cancer compounds called indoles. This group includes broccoli, cauliflower, cabbage, Brussel sprouts, kale, collards, bok choy, Chinese cabbage, radish, daikon, turnip, and rutabaga.
3. Antioxidants such as beta-carotene, lutein, lycopene, and Vitamin C decrease oxidative damage (from pollutants, smoking, sun) leading to chronic diseases and aging. You can look for food rich in these antioxidants by their bright colors. Beta-carotene is high in orange vegetables like carrots, sweet potatoes, mango, and pumpkin, lutein is high in yellow-hued squashes and peppers, and lycopene can be found in red-pink produce like tomatoes, watermelon, and red grapefruit. Vitamin C is high in many foods like bell peppers, citrus fruits, tomatoes, summer squash, and kiwis.
4. Higher amounts of fiber are beneficial in digestive complaints, lowering cholesterol, preventing cancers, losing weight, and numerous other concerns. Fruits and vegetables have large amounts of fiber, especially apples, pears, citrus fruits, berries, beans, winter squashes, root vegetables (carrots, turnips, parsnips, etc), and leafy greens.