

# Nutrition *e-tips*

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YOUR SOURCE TO RELIABLE HEALTH & NUTRITION INFORMATION

## TOP 10: 'The Healthiest of the Healthy'

*Adapted from Nutrition Action Healthy Foods Booklet, 2007*

### The Fruit Bowl

1. Guava
2. Watermelon
3. Grapefruit, pink or red
4. Papaya
5. Kiwifruit
6. Cantaloupe
7. Apricot
8. Orange
9. Strawberries
10. Blackberries

### Rating Grains

1. Potato, with skin
2. Quinoa
3. Macaroni or Spaghetti, whole wheat,
4. Amaranth
5. Buckweat groats
6. Spaghetti, spinach
7. Bulgur
8. Barley, pearled
9. Wild Rice
10. Millet

### The Healthiest Vegetables

1. Swiss Chard
2. Kale
3. Spinach
4. Collard Greens
5. Brussels sprouts
6. Pumpkin, canned
7. Broccoli
8. Sweet potato, baked with skin
9. Red pepper, raw
10. Carrots

### Choosing the Leanest Meat

1. Turkey breast
2. Turkey, Extra lean Ground breast
3. Chicken Breast
4. Turkey Wing
5. Veal leg
6. Beef, eye of round (Select)
7. Chicken drumstick
8. Beef Top Round (Select)
9. Beef Bottom Round (Select)
10. Turkey Breast, with skin

### Which Beans are Best?

1. Soybeans
2. Pinto Beans
3. Chickpeas
4. Lentils
5. Cranberry beans
6. Black-eyed peas
7. Pink beans
8. Navy beans
9. Black beans
10. Small white beans

### The Cereal Bowl (Top 5)

1. PC Blue Menu Fibre First
2. Kellogg's All Bran Original
3. Kellogg's All Bran Buds
4. Kashi Good Friends
5. Kashi Go Lean

### The Hot Cereal Bowl (Top 5)

1. Quaker High In Fibre
2. Erewhon Organic with Added Oat Bran
3. Masters Choice Original
4. Nature's Path Organic Original
5. Nature's Path Organic Optimum Power