Nutritional Superstars

A short list of the best foods to eat for optimal health.

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Some of us live to eat, while others eat to live. Whatever the reason, wouldn't you rather fill your belly with nutrient-rich foods that promote better health? RH suggests adding the following to your grocery list.

Collard Greens
This southern cuisine staple, usually paired with corn bread and black-eyed peas, is a nutritional powerhouse all by itself. They contain phytonutrients, which help rid the body of cancer-causing carcinogens.
Try: Steam them with a drizzle of lemon juice and olive oil.

Blackstrap Molasses
This fat-free sweetener is an excellent source of iron, which is great for raising metabolism levels. It also helps eliminate cancer-causing free radicals and provides calcium for better bones and teeth. Plus, its high potassium levels help build muscle and enhance nerve function.
Try: Add it to baked beans for a robust flavor.

Garbanzo beans (chickpeas)
Chickpeas are packed with cholesterol-lowering fiber and virtually fat-free protein; when paired with whole grains, they help rid the body of harmful food preservatives.
Try: Sprinkle them in everything from soups to salads, or snack on hummus dip. (Hummus is made from chickpeas.)

Avocados
Packed with oleic acid, an unsaturated fat that lowers cholesterol, avocados can help reduce dangerous belly fat.
Try: Instead of mayo, opt for a slice on your burger or sandwich.

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http://beta.docker.realhealthmag.com/article/optimal-health-foods-15726-3794