

## The Best Foods You Probably Aren't Eating – But Should!

*Adapted by Personal Safety Nets® from “The 11 Best Foods You Aren't Eating” by Menshealth.com and Tara Parker-Pope in the New York Times, June 2008)*



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Dr. Jonny Bowden, author of “The 150 Healthiest Foods on Earth” gives us a list of eleven of his favorite foods that are easy to find, but don't always find their way into our shopping carts. Here's his advice.

1. **Beets:** Think of beets as red spinach, Dr. Bowden said, because they are a rich source of folate as well as natural red pigments that may be cancer fighters.  
*How to eat:* Fresh, raw and grated to make a salad. Heating decreases the antioxidant power.
2. **Cabbage:** Loaded with nutrients like sulforaphane, a chemical said to boost cancer-fighting enzymes.  
*How to eat:* Asian-style slaw or as a crunchy topping on burgers and sandwiches.
3. **Swiss chard:** A leafy green vegetable packed with carotenoids that protect aging eyes.  
*How to eat it:* Chop and sauté in olive oil.
4. **Cinnamon:** May help control blood sugar and cholesterol.  
*How to eat it:* Sprinkle on coffee or oatmeal.
5. **Pomegranate juice:** Appears to lower blood pressure and loaded with antioxidants.  
*How to eat:* Just drink it.
6. **Dried plums:** Okay, so they are really prunes, but they are packed with antioxidants.  
*How to eat:* Wrapped in prosciutto and baked.
7. **Pumpkin seeds:** The most nutritious part of the pumpkin and packed with magnesium; high levels of the mineral are associated with lower risk for early death.  
*How to eat:* Roasted as a snack, or sprinkled on salad.
8. **Sardines:** Dr. Bowden calls them “health food in a can.” They are high in omega-3's, contain virtually no mercury and are loaded with calcium. They also contain iron, magnesium, phosphorus, potassium, zinc, copper and manganese as well as a full complement of B vitamins.  
*How to eat:* Choose sardines packed in olive or sardine oil. Eat plain, mixed with salad, on toast, or mashed with Dijon mustard and onions as a spread.
9. **Turmeric:** The “superstar of spices,” it may have anti-inflammatory and anti-cancer properties.

*How to eat:* Mix with scrambled eggs or in any vegetable dish.

10. **Frozen blueberries:** Even though freezing can degrade some of the nutrients in fruits and vegetables, frozen blueberries are available year-round and don't spoil; associated with better memory in animal studies.

*How to eat:* Blended with yogurt or chocolate soy milk and sprinkled with crushed almonds.

11. **Canned pumpkin:** A low-calorie vegetable that is high in fiber and immune-stimulating vitamin A; fills you up on very few calories.

*How to eat:* Mix with a little butter, cinnamon and nutmeg.

You can find more details and recipes on the Men's Health [Web site](#), which published the original version of the list.