So-called “superfoods” alone won’t make you healthier — but adding these nutritious foods to an already balanced diet can bring health benefits.

Beans & Legumes
- Economical, plant-based source of protein
- Provide fiber, magnesium and phytonutrients

Berries
- High level of flavonoids
- Can lower risk of heart attack in women

Dark Leafy Greens
- Packed with nutrients, fiber and antioxidants
- Low in calories and carbohydrates

Nuts & Seeds
- Provide protein, fiber and unsaturated fats
- Best options are unsalted

Oats
- Whole-grain source of dietary fiber
- Can lower risk of heart disease, stroke and diabetes

Pumpkin
- Provides fiber, potassium and vitamin A
- Canned is a convenient, nutrient-loaded choice

Salmon
- Healthy protein
- Provides Omega-3 Fatty Acids

Skinless Poultry
- Usually leaner than beef
- Tastes great grilled, roasted or baked

Yogurt
- Provides calcium, protein & vitamin D
- Best options are low-fat or fat-free