

I. Healthiest Foods

A. Lemons

1. One lemon has more than 100% of your body's recommended daily intake of Vitamin C.
2. Lemons can help increase good HDL cholesterol, and strengthen your bones.
3. The flavonoids found in the citrus may inhibit cancer cell growth and can act as an anti-inflammatory.
4. It's chocked full of antioxidants so add a slice to tea, it has been found to increase the body's ability to absorb the antioxidants found in tea.
5. One wedge only has 2 calories, so use instead of butter and cheese to flavor some steamed veggies use this healthy, nutrient-packed, low calorie option.

B. Garlic

1. Contains allicin – substance found to fight infection and bacteria.
2. Garlic aids in digestion, and can lower LDL cholesterol, it can also lower your blood pressure and reduce your risk of stomach and colon cancer.
3. One clove only has 4 calories!

C. Oats and barley

1. Contains beta-glucan, a type of fiber with antimicrobial antioxidant, and immunities more potent than Echinacea.
2. They have been shown to boost your immunity; speed wound healing and may help antibiotics work even better.
3. The soluble fiber in them can help reduce your cholesterol as well!

D. Fish

1. Has selenium, in oysters, lobsters, crabs, and clams, helps white blood cells produce cytokines – proteins that help clear the flu viruses out of your body.
2. Salmon, mackerel, and herring are rich in omega-3s, which reduce inflammation, increasing airflow and protecting the lungs from colds and respiratory infections.

E. Almonds

1. Almonds are rich in nutrients like iron, protein, healthy fats, vitamin E and calcium.
2. May help maintain healthy cholesterol levels, have the greatest fiber content of any nut, can prevent colon cancer.
3. Can help lower cholesterol and maintain arterial health too!

F. Broccoli

1. Indole-3-carbinol and sulforaphane, which help protect against breast cancer.
2. Broccoli also has lots of vitamin C and beta-carotene. One cup (chopped) has 25 calories.
3. Rich in fiber, folate, potassium, calcium and phytonutrients. Phytonutrients are compounds which reduce the risk of developing heart disease, **diabetes** and some **cancers**

G. Blueberries

1. Elderly people who eat plenty of blueberries are less likely to suffer from cognitive decline, compared to people of their age who do not.
2. Can help curb obesity, a component found in blueberries can reduce the development of fat cells, all the while breaking down already stored fats.
3. Can reduce the risk of hypertension by 10%, packed with fiber and antioxidants!

H. Quinoa

1. Half a cup of cooked quinoa has 5g of protein, and iron, magnesium, and riboflavin, rinse first or they will taste bitter.
2. It is a complete protein, containing all 9 essential amino acids. Offers the same satiety and energy from meat, but without cholesterol and fat!

I. Chicken Soup

1. More than for just the soul! A University of Nebraska study found that chicken soup can block the migration of inflammatory white cells. Cold symptoms are a response to the cells' accumulation in the bronchial tubes. Cysteine (aa) released from chicken during cooking, chemically resembles the bronchitis drug, acetylcysteine, which may explain results. Salty broth keeps mucus thin, like cough medicine. Added spices (garlic + onion) give us an immunity boost!