**TOP TEN Foods that Boost Your Health**

1. **Legumes:** high-fiber, high-protein beans, peas and lentils ... great in tortillas, chili or as a side.

2. **Berries:** rich in antioxidants and fiber. Add to cereal, pancakes, yogurt or granola.

3. **Cold-water fish** such as salmon, mackerel and herring: Eat as an entrée at least twice a week.

4. **Apples:** Crunchy, sweet and juicy, apples are healthiest with skin on.

5. **Olive oil:** It contains healthier mono- and poly-unsaturated fat. Use it in place of other cooking oils.

6. **Nuts and seeds:** especially walnuts, almonds, pecans, pistachios or flaxseeds. Add to salads or snack on a small handful.

7. **Spinach:** full of vitamins, minerals and antioxidants ... may boost eye health, bone strength and help prevent colon cancer.

8. **Broccoli:** It’s packed with vitamins A and C, selenium and antioxidants ... good for healthy cell development and disease prevention.

9. **Whole grains:** good for reducing your risk for heart disease, stroke, cancer, diabetes and obesity.