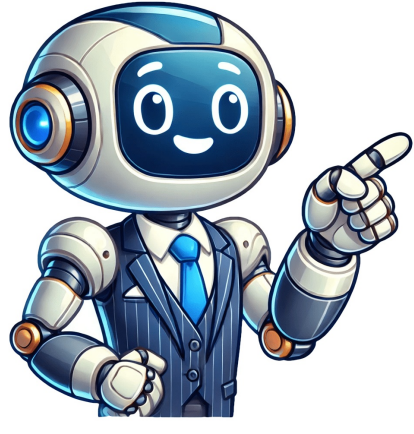


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Skip to main contentFast, fresh, and foolproofMake sure youre following Dinner SOS wherever you listen to your podcasts.Listen nowThese recipes are hot, hot, hot Our June All Fired Up collection is here. Meet the artist behind the pieces. Crispy French fries, white wine-steamed clams, and tangy pickled peppers. See All Food52 Videos See All Food52 Videos Meet Isabelle Jardin, a cookbook obsessive and dinner party host extraordinaire. Latest Our June All Fired Up collection is here. Meet the artist behind this months moody, handmade pieces. From tuna on a baguette to a life-changing muffaletta, these are Isabelles go-to handhelds for park days and beyond. Chef Will Colemans 6-to-1 Method is the ultimate system for planning cost-effective, low-waste meals Hanging something heavy can feel like high-stakes guesswork. Heres exactly how to get it donetools, tips, and all. Latest From what sheets to buy (depending on whether you run hot or cold) to how to layer pillows like a designer, were answering your most-asked questions about bedding. No more errant floss or nail trimmings to be seen. From bedside corners to kitchen nooks, these space-saving lights make every inch count. Follow us @FOOD52 / Show us your stuff #F52GRAMS 15 No-Sweat Dinners to Keep You Cool Global Tastemakers Food & Wine 2025 Global Tastemakers Awards celebrates the best in culinary travel, including the top restaurants, bars, cruises, hotels, airlines, and airports. Voted on by over 400 chefs, travel experts, and food and travel writers from across the world, let the 165 winners inspire your next delicious trip in the U.S. and abroad.By Karla Alindahao, Raphael Brion, Ashley Day, Sean Flynn, Dylan Garret, Melanie Hantsche, Kat Kinsman, and Stacey Leasca These Are the 12 Ross Under \$20 Youll Want to Drink All Summer Long Food & Wine is the global authority on food and drink culture. We share and celebrate the best recipes, experiences, and culinary talent in the world, inspiring and empowering curious food-obsessed people to eat, drink, host, and travel better. By the Numbers 12kChef-developed, export-tested recipes1978Food & Wine was founded Learn MoreSee MoreThe Latest On Tinfoil Swans Guy Fieri is Living Proof That You Should Trust Your 10-Year-Old SelfChef, restaurateur, and TV host Guy Fieri is an open book, but there are chapters you haven't read yet. In this revealing interview on the Food & Wine Tinfoil Swans podcast, Guy Fieri talks about his wild childhood, the greatest moment of his career, food snobs, and the time he accidentally doused a customer in mustard.Find Out More See MoreSee More Martha Stewart Has Recommended This French Press For Years See More The Food and Wine Classic in Charleston Just Announced Its 2025 Talent Lineup Chef John's 18 Favorite Fourth of July Recipes Home of the Home CookWe know our community (thats you!) is the key ingredient that sets us apart. Learn More Our PeopleTesting, tasting, editing, and tasting againour food pros are dedicated to showcasing the best of what you, our home cook heroes, are doing in your kitchens. Editorial LeadershipContributorsTest Kitchen The Best Red, White, and Blue Desserts Our 2025 Golden Cart Awards Paola Briseo-Gonzlez1 1/4 hours Recipes Youll LoveDaily cooking made simple, plus recipes for any occasion. Easy to MakeStep-by-step videos and helpful tips, with an app for streamlined cooking. From Cooks You TrustEach recipe is tested and perfected to work every time. See all Recipes See all Recipes 32 Best Mac & Cheese Recipes Cheesy and oh so satisfying, mac and cheese can do no wrong. Transport yourself back to childhood with one of these classic or kicked-up options. See all Recipes Eating various nutritious foods, including fruit, vegetables, nuts, seeds, and lean protein, can help support your overall health. Many foods are both healthy and tasty. By filling your plate with fruits, vegetables, quality protein sources, and other whole foods, youll have meals that are colorful, versatile, and good for you.Here are 50 healthy and delicious foods to include in your diet.Fruits and berries are popular health foods.They are sweet, nutritious, and easy to incorporate into your diet because they require little to no preparation.Apples contain fiber, vitamin C, and numerous antioxidants.They are very filling and are a good snack if youre hungry between meals.Avocados are different from most other fruits because they contain lots of healthy fat. They are not only creamy and tasty but also high in fiber, potassium, and vitamin C. Swap mayonnaise for avocado as a salad dressing, or spread it on toast for breakfast.Bananas are a good source of potassium. Theyre also high in vitamin B6 and fiber and are convenient and portable.Blueberries are both delicious and high in antioxidants.Oranges are well known for their vitamin C content. Theyre also high in fiber and antioxidants.Strawberries are highly nutritious and low in both carbs and calories.They provide vitamin C, fiber, and manganese and make a delicious dessert.Other healthy fruits and berries include cherries, grapes, grapefruit, kiwi, lemons, mangoes, melons, olives, peaches, pears, pineapples, plums, and raspberries.Share on PinterestAnna Williams/OffsetEggs are highly nutritious.Experts used to think they increased cholesterol, but now see them as a useful source of protein that may have various benefits.Lean, unprocessed meats can be included in a healthy diet.Chicken breast is low in fat and calories but high in protein. Its a great source of many nutrients, including potassium and B vitamins.Sheep are usually grass-fed, and their meat tends to be higher in omega-3 fatty acids compared with omega-6.Although high in unsaturated fat and calories, nuts and seeds may help lower the risk of cardiovascular disease, cancer, and other health issues. They are a satisfying snack that could help those managing their weight by helping them feel more satiated after eating them.They also require almost no preparation, so theyre easy to add to your routine. They can also add texture to salads and other dishes.However, they are not suitable for people with a nut allergy.Almonds are a popular nut that contains vitamin E, antioxidants, magnesium, and fiber. A 2021 review found that almonds may contribute to weight loss, support the gut microbiota, improve thinking, manage heart rate when a person is under stress, and prevent skin aging.Chia seeds are a nutrient-dense addition to the diet. A single ounce (28 grams) provides 9.75 grams of fiber and significant amounts of magnesium, manganese, calcium, and various other nutrients.Coconuts provide fiber and fatty acids called medium-chain triglycerides (MCTs).Macadamia nuts are tasty and higher in monounsaturated fats and lower in omega-6 fatty acids than most other nuts.Walnuts are highly nutritious and rich in fiber and various vitamins and minerals. Pair them with feta cheese to dress a salad.Brazil nuts are nutrient-rich and have a smooth, buttery texture. The nutrients they contain support thyroid function and are a good source of the mineral selenium.Calorie for calorie, vegetables are among the most concentrated sources of nutrients. Many of these varied nutrients also give vegetables their colors, so eating a wide variety of vegetables in different colors is a good way to ensure you get a diverse range of nutrients.Asparagus is a popular vegetable that is low in both carbs and calories and rich in vitamin K.Bell peppers come in several colors, including red, yellow, and green. Theyre crunchy and sweet and are a great source of antioxidants and vitamin C.Broccoli is a cruciferous vegetable that tastes great both raw and cooked. Its an excellent source of fiber and vitamins C and K and contains a decent amount of protein compared with other vegetables.Carrots are a popular root vegetable. Theyre sweet, crunchy, and loaded with nutrients such as fiber and vitamin K. Theyre also high in carotene antioxidants, which have numerous benefits.Put a few carrot sticks in your lunchbox or use them to eat guacamole and other dips.Cauliflower is a very versatile cruciferous vegetable. You can add it to curries, roast it with olive oil, or use it raw in salads or for dipping.Cucumbers make a refreshing snack. They are low in both carbs and calories, consisting mostly of water. They also contain small amounts of vitamin K and other nutrients.Garlic is a healthy and tasty addition to salads and cooked savory dishes. It contains allicin, which has antioxidant and antimicrobial effects. Its nutrients may also reduce the risk of cancer and cardiovascular disease.Kale is high in fiber, vitamins C and K, and other nutrients. It adds a satisfying crunch to salads and other dishes. You can also add it to stir-fries or bake it in the oven to make crunchy kale chips.Onions have a strong flavor and are found in many recipes. They contain a number of bioactive compounds believed to have health benefits.Tomatoes are usually categorized as a vegetable, although they are technically a fruit. They are tasty and provide nutrients such as potassium and vitamin C. For a bit of fun and extra flavor, try growing tomatoes on your windowsill.Other vegetables worth mentioning are artichokes, Brussels sprouts, cabbage, celery, eggplant, leeks, lettuce, mushrooms, radishes, squash, Swiss chard, collard greens, turnips, and zucchini.Research suggests that eating oily fish can boost a persons heart and brain health.Salmon is an oily fish that is tasty and high in nutrients, including protein and omega-3 fatty acids. It also contains some vitamin D.Sardines are small, oily, and highly nutritious fish. They provide many nutrients, including calcium and vitamin D.Shellfish are nutrient-dense and make a tasty light meal. Edible shellfish include clams, mollusks, and oysters. Be sure to get them from a reputable source to ensure they are fresh and toxin-free.Shrimp is a type of crustacean related to crabs and lobsters. It tends to be low in fat and calories but high in protein. It also provides zinc.Trout is another type of delicious freshwater fish, similar to salmon.Tuna tends to be low in fat and calories and high in protein. Its a good option for people who need to add more protein to their diets but keep calories low.Be sure to buy low-mercury varieties that are responsibly sourced.Whole grains play an important role in your diet because they are healthy carbohydrates and provide a variety of micronutrients, fiber, and fuel for your body.They may also help with weight management.Rice is a staple food for much of the worlds population. Brown rice is more nutritious than white rice, with decent amounts of fiber, vitamin B1, and magnesium.Oats provide nutrients and powerful fibers called beta-glucans. Glucans provide numerous benefits, including helping lower cholesterol and feeding beneficial gut bacteria.Quinoa is a tasty grain thats high in nutrients such as fiber and magnesium. It is also an excellent source of plant-based protein.Whole grain breads can be high in fiber and other nutrients, and are a better choice than highly processed white bread.When buying bread, compare product labels and look for those with the most dietary fiber and the least added sugar.If you make your own bread, youll know exactly what goes into it. A bread-making machine can help if youre not sure about baking.Ezekiel bread is made from organic sprouted whole grains and legumes.If youre looking for low carb or gluten-free breads, you might want to consider making your own. Heres a list of 15 recipes for gluten-free, low carb breads.Legumes are a great plant-based source of protein, iron, and fiber.Legumes can sometimes interfere with digestion and nutrient absorption, but soaking and properly preparing them can reduce this risk.Green beans, also called string beans, are an unripe variety of the common bean. Use them whole as a side dish or add them cold to salads.Kidney beans contain fiber and various vitamins and minerals. Make sure to cook them properly, because theyre toxic when raw.Lentils are another popular legume. Theyre high in fiber and a good source of plant-based protein.Peanuts are legumes, not true nuts. However, they are tasty and high in nutrients and antioxidants. One study concluded that peanuts can aid in weight loss and may help manage blood pressure.However, if youre monitoring your calorie intake, you may want to be mindful of your consumption of peanut butter, which is very high in calories and easy to eat in large amounts.For those who can tolerate them, dairy products are a healthy source of various important nutrients.An ounce of cheese may offer about the same amount of protein as an entire cup (240 ml) of milk. Its also a tasty addition to many dishes and can replace meat as a source of protein. However, it can be high in fat.There are many types of cheese, with different flavors and textures. Opt for less processed varieties.Dairy milk contains vitamins, minerals, protein, and calcium. A 2022 review concluded that people who consume dairy products are less likely to die from cardiovascular disease (CVD) than those who dont. However, full-fat dairy may increase the risk of CVD and some cancers.Yogurt is made from milk that is fermented through the addition of live bacteria. It has many of the same health effects as milk, but yogurt with live cultures has the added benefit of friendly probiotic bacteria.Dietary patterns that include unsaturated fats and oils are considered very healthy. Extra-virgin olive oil is one of the healthiest vegetable oils. It contains heart-healthy monounsaturated fats and is high in antioxidants that have powerful health benefits.Coconut oil is a saturated fat but contains MCTs and may have similar health effects to olive oil.However, coconut oil has been shown to increase LDL (bad) cholesterol to a greater degree than other plant-based liquid oils, so its best to use it in moderation.Tubers are the storage organs of some plants. As foods, they are called root vegetables.Potatoes provide potassium and contain a little of almost every nutrient you need, including vitamin C. With their jackets, they are also a good source of fiber.Potatoes contain more water and are less energy-dense than pasta and rice, and can leave you feeling full, so that you dont need to eat more. As a result, they may help with weight loss.Sweet potatoes are rich in antioxidants, beta carotene, vitamin A, and other essential nutrients. Eat them baked, mashed, or added to other dishes.Apple cider vinegar may help regulate post-meal blood sugar levels when consumed with a meal, though more evidence is needed on its effectiveness.Its great to use as a salad dressing or to add flavor to meals.Dark chocolate contains antioxidants known as flavonoids that may help manage cholesterol and reduce the risk of heart disease. However, the amount of chocolate that is usually healthy to eat is not enough to provide significant benefits.Research from 2021 developed a scoring system of food based on 54 attributes covering these nine domains: nutrient ratios, vitamins, minerals, food ingredients, additives, processing, specific lipids, fiber and protein, and phytochemicals. Based on the mean values of this scoring system, the healthiest food categories are:legumesvegetablesfruitfish and seafoodsauce condimentdairymixed dishesbeveragesgrainsmeat, poultry, eggssats and oilssavory snacks and sweet dessertsOf course, whether a particular food is healthier than another ultimately depends on the exact food and any specific ingredients it may contain. Its a good idea to consult a dietitian to determine exactly what foods are best for you.According to the Dietary Guidelines for Americans 2020-2025, you should aim to eat a variety of fruit, vegetables, dairy, grains, and foods containing protein (either plant-based or from lean meats or fish) each day.No one food can provide all the nutrients you need to consume in one day, so eating a balanced diet is the best way to get what you need to stay healthy. In addition, the state of your overall health and any conditions you might have may limit what foods you can consume, even if they are very nutritious. Speak to your doctor to determine the best nutrition plan for you.That said, research looking at the nutrient density of various food groups found that the following foods contain the most nutrients:organ meatssmall fishdark green leafy vegetablesbivalves such as oysters and clamscrustaceans such as lobster and shrimpgoat meatbeefeggsmilkcanned fish with bonesmuttonlambWhether you want to overhaul your diet or simply change your meals, its easy to add several of these foods to your routine.Many of the foods above make great snacks or can be incorporated into a meal. Some may even aid weight loss.Healthline has strict sourcing guidelines and relies on peer-reviewed studies, academic research institutions, and medical journals and associations. We only use quality, credible sources to ensure content accuracy and integrity. You can learn more about how we ensure our content is accurate and current by reading our editorial policy.Amoah I, et al. (2023). 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