



# Forbes

## The 10 Best Foods You Can Eat



Speaking about food we prefer to talk about something delicious and tasty and hardly ever our conversations are about something really good for our health.

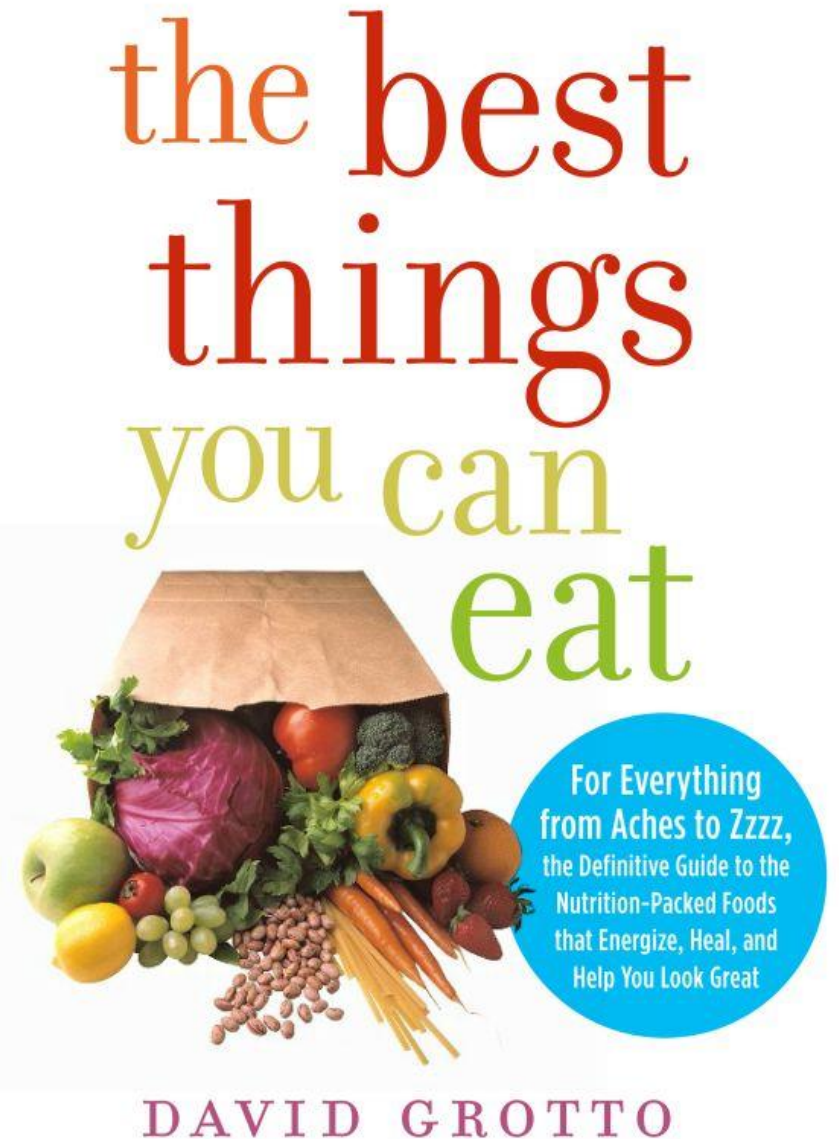





Foreword by Lisa Lillien, *New York Times* bestselling author of *Hungry Girl*

According to an analysis by David Grotto, a registered dietician and author of the forthcoming book *The Best Things You Can Eat*,

these 10 foods are the lowest calories and most nutritious in terms of amount and richness of vitamins, minerals, healthy fats, fiber and protein.



# Beans

A close-up photograph of a bright orange ceramic bowl filled with cooked red kidney beans. A silver metal spoon is partially submerged in the beans. The bowl sits on a red plate, which is placed on a surface with a colorful geometric pattern. The lighting is bright, highlighting the texture of the beans and the colors of the dishware.

**Calories: 200 per cup**  
**Nutrients: Rich in folate,  
vitamin B1 or thiamine,  
magnesium, molybdenum,  
soluble fiber, iron and  
potassium.**



# Yogurt or Kiefer

Calories: 140 per cup (plain  
low-fat or non-fat)

Nutrients: Rich in pantothenic  
acid, vitamin B2 or riboflavin,  
calcium, phosphorous,  
potassium and iodine



A close-up photograph of a dark, rectangular metal plate filled with several slices of cooked beef liver. The liver is a deep reddish-brown color and appears moist. To the right of the liver, there is a small pile of thinly sliced green onions. In the background, a white ceramic dish with blue patterns and a glass of yellow liquid are partially visible.

# Beef Liver

Calories: 137 per 3 ounces

Nutrients: Rich in iron, vitamin A, biotin, choline, vitamin B12, vitamin B3 or niacin, vitamin B6, chromium, copper and phosphorus.



# Salmon

A close-up photograph of a white plate containing a large, cooked salmon fillet. The salmon is seasoned with herbs and spices, showing a golden-brown crust. To the right of the salmon are several green beans, yellow beans, and orange baby carrots. A lemon wedge is placed at the top left of the plate. The plate is set on a wooden surface, and a yellow and orange patterned napkin is visible on the left.

Calories: 157 per 3 ounces

Nutrients: Rich in biotin, vitamin B12, vitamin B3 or niacin, vitamin B6, vitamin D, potassium, omega-3 fatty acids and choline.

# Mushrooms



Calories: 15 per cup

Nutrients: Rich in  
biotin, vitamin B2,  
copper, chromium  
and pantothenic acid.



# Lobster

Calories: 65 per 3 ounces

Nutrients: Rich in  
pantothenic acid, copper,  
selenium and zinc.





# Soy Beans

Calories: 150 per half cup

Nutrients: Rich in vitamin B1, vitamin B2, iron, magnesium, phosphorus, insoluble and soluble fiber, omega-3 fatty acids, polyunsaturated fats and protein.





# Oysters

Calories: 85 per 3 ounces

Nutrients: Rich in vitamin B12, copper, iron, selenium and zinc.







# Spinach

Calories: 14 per two cups

Nutrients: Rich in folate,  
vitamin D, vitamin K,  
calcium, iron, magnesium  
and manganese.



# Pork

A wooden cutting board is the central focus, displaying various ingredients. On the right side, there is a large, thick piece of raw pork belly with a prominent layer of white fat. In front of it, several slices of pork belly are arranged in a fan-like pattern, showing the alternating layers of red meat and white fat. To the left of the pork, there is a pile of fresh green chili peppers, a piece of ginger with its characteristic knobby shape, and a small cluster of red chili peppers. A large, leafy green lettuce is positioned at the bottom left corner of the board. The background is a light-colored wooden surface.

Calories: 196 per 3 ounces  
Nutrients: Rich in biotin,  
choline, vitamin B3 or  
niacin, vitamin B6, vitamin  
B1 and zinc.





EVERY **35 DAYS** YOUR SKIN  
REPLACES ITSELF YOUR  
LIVER, ABOUT A **MONTH**.

YOUR BODY MAKES THESE  
NEW CELLS FROM THE  
**FOOD YOU EAT.**

**WHAT YOU EAT** LITERALLY  
**BECOMES YOU.** YOU HAVE  
A CHOICE IN WHAT YOU'RE  
MADE OF...

**YOU ARE WHAT YOU EAT**



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