

15 SuperFoods

The food you eat every day can take a toll on your health...carrying a few extra pounds increases your risk for diabetes, heart disease, and cancer, to name a few. It's time to fight fire with fire, and start eating foods that work to ward off disease, cancer, high blood pressure—even aging. To arm you for the fight, we've rounded up these 15 stealth health foods that work to keep you slim and healthy for life.



Best Colon Cancer Guard: Green or White Tea

Drinking just one cup of tea a day may cut your risk of colon cancer in half. Antioxidants in the tea, called catechins, inhibit the growth of cancer cells.



Best Blood Sugar Stabilizer: Raspberries

Raspberries contain anthocyanins, which boost insulin production and lower blood sugar levels, providing a strong defense against diabetes.



Best Skin Saver: Carrots

National Cancer Institute researchers found that people with the highest intakes of carotenoids--pigments that occur naturally in carrots--were six times less likely to develop skin cancer than those with the lowest intakes.



Best Heart Protector: Salmon

A diet of heart-healthy fats, like those found in salmon and olive oil, raises good HDL cholesterol levels. And salmon contains a huge dose of omega-3 fatty acids, which can ward off heart disease.



Best Breast Cancer Beater: Whole-grain cereal

Women getting at least 30 grams of fiber daily are half as likely to develop breast cancer, according to research. A bowl of Fiber One with blueberries will get you halfway there.



Best Bone Protector: Shrimp

Shrimp is high in vitamin B12, which aids bone density and is crucial in the generation of new cells. It is also a good source of vitamin D, an essential ingredient for bone strength.



Best Blood Pressure Reducer:
Baked potato

Increasing the amount of potassium in your diet (a baked potato will boost your intake by about 400 mg, but be sure to eat the skin!) will significantly lower your blood pressure.



Best Cavity Killer: Monterey Jack Cheese

Researchers found that eating less than a quarter ounce of Jack, Cheddar, Gouda, or mozzarella cheese will boost pH levels to protect your pearly whites from cavities.



Best Vision Defender: Spinach or romaine lettuce

The National Institutes of Health found that people who consume the most lutein--found in leafy greens--are 43 percent less likely to develop macular degeneration.



Best Anti-Aging Elixir: Red wine

Oxidative stress plays a major role in aging, and an antioxidant in red wine called resveratrol may help extend life by neutralizing disease-causing free radicals. Pop a Pinot Noir: It packs the most resveratrol per glass.



Best Hair Rejuvenator: Beef

Iron in the meat stimulates hair turnover and replenishment. Beef is also rich in zinc, which helps guard against hair loss.



Best Prostate Protector: Garlic

Compounds in garlic have been shown to reduce risk of prostate cancer by up to 50 percent.



Best Lung Cancer Fighter:
Grapefruit

A grapefruit a day can reduce your risk of developing lung cancer by up to 50 percent. Grapefruit contains naringin, which may help lower levels of cancer-causing enzymes.



Best Cholesterol Reducer: Olive oil

Antioxidants found in olives have been shown both to raise HDL (good) cholesterol and lower LDL (bad) cholesterol, making olive oil a doubly potent protector against cardiovascular disease.



Best Brain Booster: Coffee

Beyond boosting alertness for up to 90 minutes, that morning cup is the number-one source of antioxidants in the American diet, and can help decrease your risk of developing Alzheimer's disease by as much as 60 percent.

