

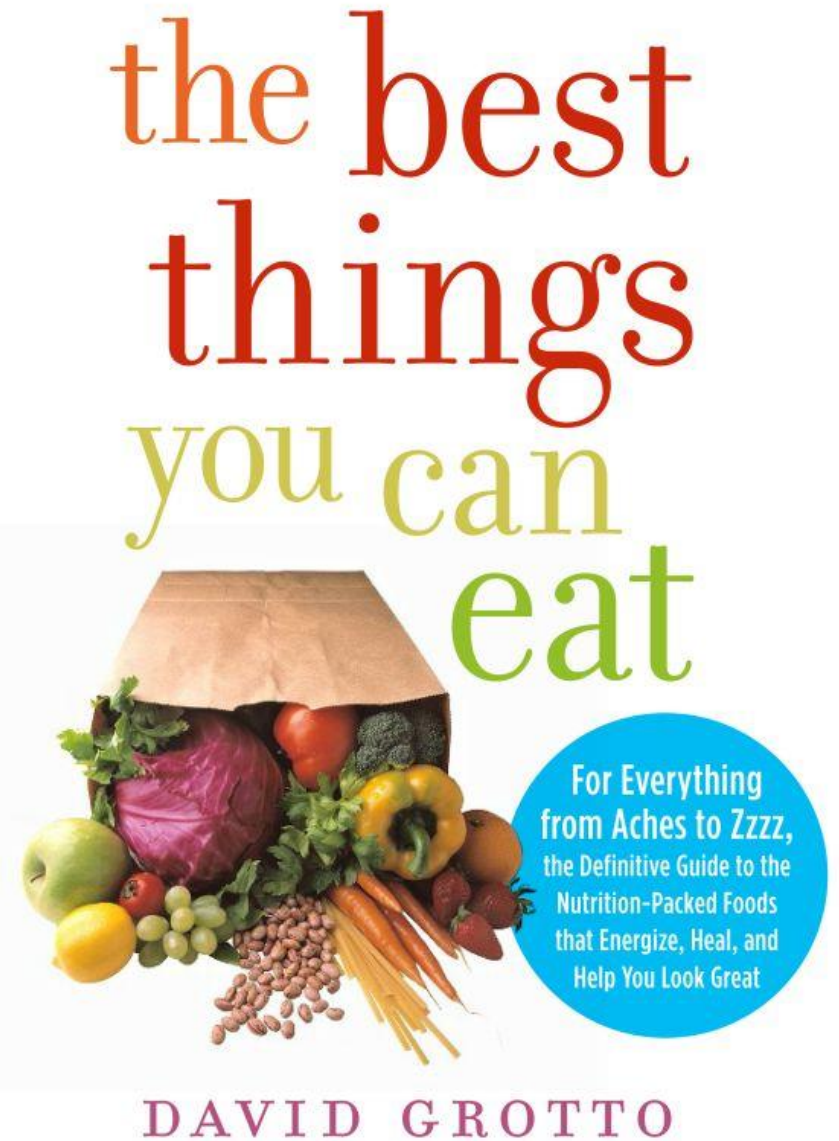


Speaking about food we prefer to talk about something delicious and tasty and hardly ever our conversations are about something really good for our health.

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 top-down view of a bright orange ceramic bowl filled with red kidney beans. A silver metal scoop is partially submerged in the beans. The bowl sits on a red ceramic plate. The background is a colorful, patterned fabric with shades of green, red, and yellow.

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 photograph of a dish of beef liver. The liver is sliced into several pieces, some cut into thick, irregular chunks and others into thinner, more uniform slices. The slices are arranged on a dark, textured metal tray. To the right of the liver, there is a garnish of thinly sliced green onions. In the background, there are other elements of a meal: a white plate with blue patterns, a glass of yellow liquid, and a bowl with chopsticks. The text "Beef Liver" is overlaid in large white font at the top center of the image.

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 piece of baked salmon, a mix of green and yellow beans, sliced carrots, and a lemon wedge. The salmon is seasoned with herbs and has a slightly charred exterior. The plate is set on a wooden surface with a yellow and orange patterned napkin 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.



A close-up photograph of a white plate filled with cooked spinach. The spinach leaves are dark green and appear to be sautéed or steamed, with some stems visible. Small, white, irregular pieces, likely onion or garlic, are scattered throughout the spinach. The background is a plain, light-colored surface.

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 a variety of fresh ingredients. On the right side, a large, rectangular piece of raw pork belly is shown, with its characteristic layers of white fat and pinkish-red meat. In front of it, several thick slices of the same pork belly are neatly stacked. To the left of the pork, there is a cluster of fresh green chili peppers, some whole and some cut in half. Below the green chilies are several small, bright red chili peppers. A piece of ginger root is also visible, partially cut. In the bottom left corner, there is a pile of fresh green lettuce leaves. The entire scene is set against a light-colored wooden background.

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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