

# Forbes

## The 10 Best Foods You Can Eat



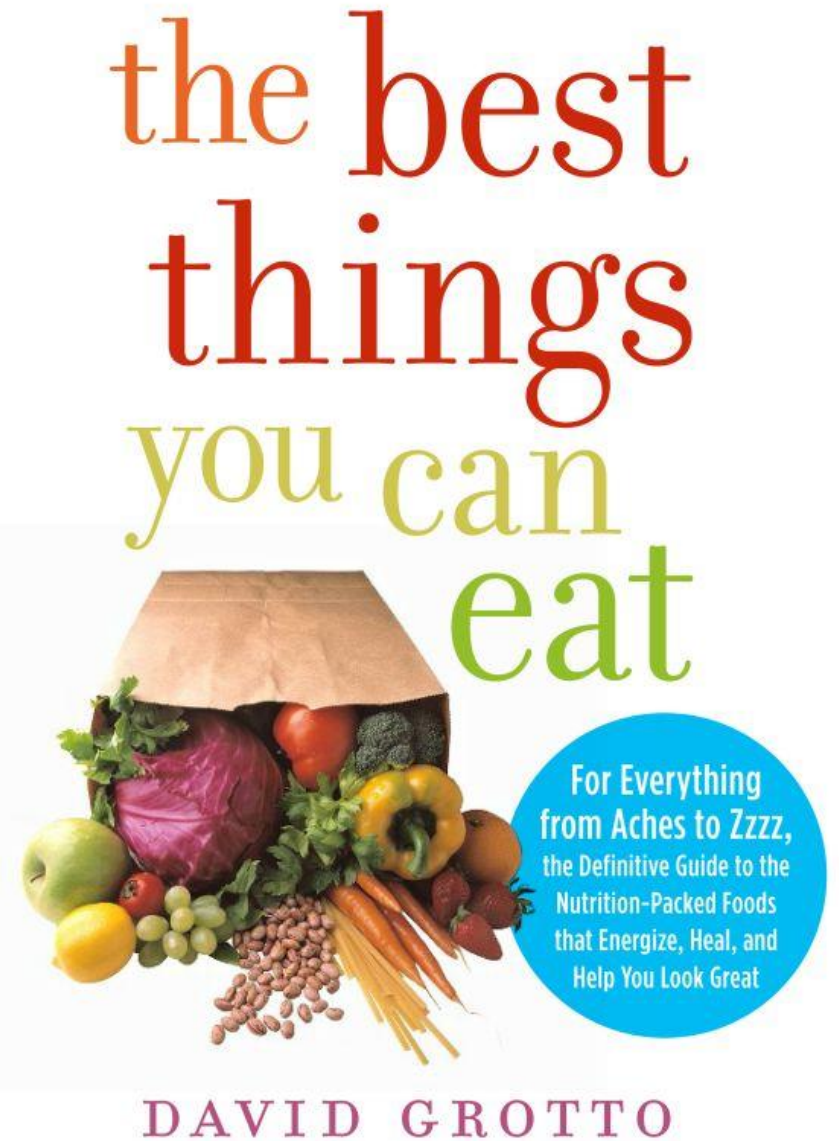
Speaking about food we prefer to talk about something delicious and tasty and hardly ever our conversations are about something really good for our health.




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 top-down view of a bright orange ceramic bowl filled with cooked 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 close-up photograph of a dark, textured metal plate containing several slices of cooked beef liver. The liver is a deep reddish-brown color and is arranged in two rows. To the right of the liver, there is a garnish of thinly sliced green onions. In the background, a white ceramic dish with blue patterns and a pair of wooden chopsticks are visible on a wooden table. The lighting is warm, highlighting the texture of the liver and the metallic sheen of the plate.

# 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 portion of baked salmon. The salmon is seasoned with herbs and spices, showing a golden-brown crust. To the right of the salmon are several stalks of green beans, yellow beans, and orange baby carrots. A single wedge of a fresh lemon 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 side.

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 pinkish-red meat and white fat. Several thick, diagonal slices of the same pork belly are arranged in a fan-like pattern in front of it. 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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