

## **The 5 foods you should eat every day**

### **#1 Leafy greens**

Medical experts call them one of nature's miracle foods. Leafy greens like **Swiss chard** and **kale** are high in nutrients like folate and vitamins A and C that can lower your risk of cancer. Just one cup of dark, leafy greens a day could also prevent diabetes and high blood pressure.

### **#2 Nuts**

Many nutritionists recommend nuts like **almonds**, **cashews** and **walnuts** because they're high in natural fiber. Fiber slows your digestive process, keeping hunger and unhealthy mid-afternoon snacks at bay. Goodbye vending machine runs!

### **#3 Onions**

Studies show that consuming **onions** on a regular basis may reduce symptoms of asthma and the risk of developing stomach cancer. Add them to soups and stir-fry, and just remember -- the stronger the onion, the greater the health benefit.

### **#4 Whole grains**

Refined grains, like white rice and pasta, have lost 90% of their nutritional value through the refining process. As if that weren't reason enough to choose whole grains like **brown rice**, **quinoa** and **whole oats**, a recent study showed that a diet rich in whole grains actually flattens your belly by reducing fat storage in your lower abdominal region.

### **#5 Yogurt**

Making **yogurt** part of your daily eating routine can improve your digestion -- if you're buying the right stuff. Check that the label lists "active cultures" to make sure you're getting healthy probiotics, and pick a yogurt rich in vitamin D to prevent osteoporosis.