



HEALTHY FOODS

Your guide to the best basic foods

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Nutrition Action
HEALTH LETTER™

THE BEST FRUIT



KEY

Percentage of the recommended daily intake:

- ⊕ 20% or more
- ⊕ 15%-19%
- ⊕ 10%-14%
- ⊕ 5%-9%
- ⊕ less than 5%

We calculated a score for each fruit by adding up its percentage of the recommended daily intake for seven nutrients plus fiber and carotenoids. We used the Food and Drug Administration's Daily Value, or DV, for all but two. For calcium, we used the recommended intake for older adults. For carotenoids, which has no DV, we devised our own recommended intake from available research.

For example, a quarter of a cantaloupe has 47% of our daily target for carotenoids (47 points) and 4% of the DV for fiber (4 points), plus 56% of the DV for vitamin C, 8% for potassium, 7% for folate, 3% for vitamin K, 2% for iron, 4% for magnesium, and 1% of the recommended intake for calcium. That gives it a score of 132 points. The chart doesn't show vitamin K, calcium, iron, or magnesium numbers because they're generally low for most fruits.

The serving sizes in our chart are based on the government's food labeling rules, but they're not set in stone. A bigger serving will boost the score (and the calories).

FRUIT	Score	Carotenoids	Vitamin C	Potassium	Folate	Fiber	Calories
Guava (3)	657	⊕	⊕	⊕	⊕	⊕	110
Watermelon (2 cups)	302	⊕	⊕	⊕	⊕	⊕	90
Kiwi (2)	236	⊕	⊕	⊕	⊕	⊕	80
Papaya (1 cup)	208	⊕	⊕	⊕	⊕	⊕	60
Lychees (15)	139	⊕	⊕	⊕	⊕	⊕	100
Kumquats (7)	137	⊕	⊕	⊕	⊕	⊕	90
Mango (½)	135	⊕	⊕	⊕	⊕	⊕	100
Cantaloupe (¼)	132	⊕	⊕	⊕	⊕	⊕	45
Strawberries (8)	132	⊕	⊕	⊕	⊕	⊕	45

FRUIT	Score	Carotenoids	Vitamin C	Potassium	Folate	Fiber	Calories
Persimmon (1)	129	⊕	⊕	⊕	⊕	⊕	120
Raspberries (1¼ cups)	125	⊖	⊕	⊕	⊕	⊕	80
Blackberries (1 cup)	121	⊕	⊕	⊕	⊕	⊕	60
Orange (1)	118	⊕	⊕	⊕	⊕	⊕	60
Grapefruit, pink or red (½)	107	⊕	⊕	⊕	⊕	⊕	50
Pineapple (¾ cup)	90	⊕	⊕	⊕	⊕	⊕	60
Pomegranate (½)	83	⊕	⊕	⊕	⊕	⊕	120
Apricots (4)	80	⊕	⊕	⊕	⊕	⊕	70
Tangerine (1)	77	⊕	⊕	⊕	⊕	⊕	60
Star fruit (1)	74	⊕	⊕	⊕	⊕	⊕	40
Blueberries (1 cup)	65	⊕	⊕	⊕	⊕	⊕	80
Grapefruit, white (½)	61	⊕	⊕	⊕	⊕	⊕	40
Rhubarb, cooked with sugar (½ cup)	60	⊕	⊕	⊕	⊕	⊕	140
Banana (1)	58	⊕	⊕	⊕	⊕	⊕	120
Peaches, dried (3 halves)	54	⊕	⊕	⊕	⊕	⊕	90
Honeydew melon (¾ cup)	50	⊕	⊕	⊕	⊕	⊕	45
Figs (3)	48	⊕	⊕	⊕	⊕	⊕	110
Apricots, dried (11 halves)	47	⊖	⊕	⊕	⊕	⊕	90
Prunes (4)	47	⊕	⊕	⊕	⊕	⊕	90

FRUIT	Score	Carotenoids	Vitamin C	Potassium	Folate	Fiber	Calories
Grapes (1 cup)	45	⊕	⊕	⊕	⊕	⊕	100
Nectarine (1)	44	⊕	⊕	⊕	⊕	⊕	60
Peach (1)	44	⊕	⊕	⊕	⊕	⊕	60
Plums (2)	44	⊕	⊕	⊕	⊕	⊕	60
Cherries (1 cup)	44	⊕	⊕	⊕	⊕	⊕	90
Pear (1)	42	⊕	⊕	⊕	⊕	⊕	80
Figs, dried (¼ cup)	39	⊕	⊕	⊕	⊕	⊕	90
Apple (1)	34	⊕	⊕	⊕	⊕	⊕	80
Currants, dried (¼ cup)	34	⊕	⊕	⊕	⊕	⊕	100
Peaches, canned (½ cup)	29	⊕	⊕	⊕	⊕	⊕	60
Pineapple, canned (½ cup)	29	⊕	⊕	⊕	⊕	⊕	80
Dates, dried (6)	29	⊕	⊕	⊕	⊕	⊕	120
Fruit cocktail, canned (½ cup)	24	⊖	⊕	⊕	⊕	⊕	60
Raisins (¼ cup)	24	⊕	⊕	⊕	⊕	⊕	120
Cranberries (½ cup)	20	⊕	⊕	⊕	⊕	⊕	25
Pears, canned (½ cup)	18	⊕	⊕	⊕	⊕	⊕	60
Applesauce, unsweetened (½ cup)	14	⊕	⊕	⊕	⊕	⊕	50
Cranberries, dried (¼ cup)	13	⊕	⊕	⊕	⊕	⊕	120

Source: U.S. Department of Agriculture National Nutrient Database (ndb.nal.usda.gov).

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HOW TO PICK THE BEST FRUIT

Use this chart to buy fruits at the peak of ripeness and store them so they're always handy.

FRUIT	WHAT TO SHOP FOR	HOW TO STORE	TIPS
Apples	Well-colored, firm fruit with a pleasant smell.	In the fridge in a plastic bag for up to 3 weeks.	Don't skip the skin. It contains about half the apple's fiber.
Apricots	Uniform golden-orange plump fruit. When ripe they yield to gentle pressure.	At room temperature until ripe. Then in the fridge in a plastic bag for 3-5 days.	Avoid soft, pale, or greenish-yellow fruit.
Bananas	Bright, firm fruit with slight green color on the stem and tip. At peak of ripeness, brown specks appear.	At room temperature until ripe.	They lose flavor and the skins turn black if you store them in the fridge.
Blueberries Raspberries Strawberries	Bright, plump berries with good, uniform color and dry, clean appearance.	In the fridge in the container they were sold in for 10-14 days (blueberries) or 1-3 days (others).	To prevent berries from getting soft and moldy, don't wash them until you're ready to serve.
Cantaloupe Honeydew melon	Melons with a strong aroma that are heavy for their size. The stem end should have a smooth, round, depressed scar that yields to gentle pressure.	At room temperature until ripe. Then in the fridge cut and in a container or whole for up to 5 days (cantaloupe) or 2 weeks (honeydew).	A ripe cantaloupe has a yellowish cast to its rind. It's harder to tell when honeydew melons are ripe. Look for a creamy yellow color.
Cherries	Firm, plump fruit with a bright red to black color, smooth, glossy skin, and stems attached.	In the fridge for up to 10 days.	To prevent cherries from getting soft and moldy, don't wash them until you're ready to serve.
Cranberries	Plump, firm berries with lustrous red color.	In the fridge for up to 2 months.	Discolored berries will produce an "off" flavor.
Figs	They're ripe when they're soft to the touch (but not mushy).	In the fridge in a plastic bag for up to 2 days.	The skin is edible.
Grapefruit	Fruit that is heavy for its size and firm yet springy to the touch, with thin skin.	At room temperature for up to 1 week or in the fridge for 2-3 weeks.	Grapefruit are picked when ripe and are ready to eat when you buy them in the store.
Grapes	Well-colored plump fruit attached to pliable stems.	In the fridge in a plastic bag for up to 1 week.	Don't wash until ready to serve.
Guava	Fruit that yields to gentle pressure and is free of blemishes.	At room temperature until ripe. Then in the fridge for up to 4 days.	There's no need to peel. The rind is edible.
Kiwi	Plump, firm, unwrinkled fruit. When ripe, they yield to gentle pressure.	Unripened in a plastic bag in the fridge for up to 6 weeks.	Try a golden kiwi. Its skin is smoother and its yellow flesh is sweeter than green kiwi.
Mango	Fruit that gives slightly when squeezed gently, with a sweet aroma. Avoid fruits with sap on the skin.	At room temperature for 2-3 days. Store ripe mangos in the fridge for up to 5 days.	Color isn't a good way to tell whether a mango is ripe.

FRUIT	WHAT TO SHOP FOR	HOW TO STORE	TIPS
Oranges Tangerines	Firm, heavy fruit with bright-looking skin.	At room temperature for 1-2 days or in the fridge for 1-2 weeks.	Cara Cara or blood oranges add a pop of color to winter salads.
Papaya	Firm fruit with unblemished skin and yellow streaks.	At room temperature for 2-3 days until they are totally yellow or orange.	Best to eat when the skin is mostly yellow-orange.
Peaches Nectarines	Firm fruit with no trace of green in the skin. Should yield to gentle pressure when ripe.	At room temperature in a closed paper bag until ripe. Then at room temperature for 1-3 days.	Ripe peaches have a yellowish color with a red blush.
Pears	Fruit that is firm. Color at ripeness varies based on variety.	At room temperature in a closed paper bag until ripe. Store ripe pears in the fridge.	Pears are ripe when the flesh around the stem yields to gentle pressure. (The pear producers' advice: "Check the neck.")
Pineapple	Fruit that is as large as possible, with a strong aroma, crown leaves that are fresh and deep green, and a slight separation of the "eyes" on the skin.	Eat as soon as possible. Store cut fruit in the fridge for up to 3 days.	Avoid pineapples with soft or dark spots and dry-looking leaves.
Plums	Plump fruit that is beginning to soften. Color at ripeness varies from variety to variety.	Store ripe fruit in the fridge.	Avoid fruit that's soft or too hard. Don't wash until ready to serve.
Pomegranate	Fruit that is heavy for its size and has a bright red rind.	In a cool, dry place for 1 month or in the fridge for up to 2 months.	Some people eat the whole aril—the small seed surrounded by juice. Others spit out the seeds.
Watermelon	Fruit with a rind that's slightly dull. A whole melon that's heavy for its size and symmetrical. A cut melon with deep red flesh free from white streaks.	At room temperature (whole), or in the fridge for up to 5 days (cut and in a container).	The yellower the underside, the riper the watermelon. Seedless watermelons are just as tasty as ones with seeds.

Sources: Adapted from U.S. Department of Agriculture and *Fruits & Veggies—More Matters*.



Photo: Krishnam Moosaddee/unsplash.com

THE BEST VEGETABLES



We calculated a score for each vegetable by adding up its percentage of the recommended daily intake for seven nutrients plus fiber, lutein (plus zeaxanthin), and carotenoids other than lutein. We used the Daily Value, or DV, for all but three. For calcium, we used the recommended intake for older adults. And for lutein (plus zeaxanthin) and other carotenoids, we devised our own recommended intakes from available research.

For example, half a cup of cooked spinach has 320% of our target for lutein and 178% of our target for other carotenoids, 8% of the DV for fiber, plus 350% of the DV for vitamin K, 31% for folate, 18% for magnesium, 17% for iron, 9% for vitamin C, 8% for potassium, and 10% of the recommended intake for calcium. That gives it a score of 949 points.

We counted calcium, iron, folate, and magnesium in our scores but they're not in the chart. Ditto for carotenoids other than lutein, which include alpha-carotene, beta-carotene, and lycopene. We included lutein in the chart because of growing evidence that it may help prevent cataracts.

KEY

Percentage of the recommended daily intake:

- ⊕ 100% or more
- ⊕ 20%-99%
- ⊕ 15%-19%
- ⊕ 10%-14%
- ⊕ 5%-9%
- ⊕ less than 5%

Superstars (Score = 150+)

(3 oz.—½ cup—cooked, unless noted)

	Score	Calories	Vitamin K	Lutein	Vitamin C	Potassium	Fiber
Kale	1,392	20	⊕	⊕	⊕	⊕	⊕
Spinach, raw (2 cups)	968	20	⊕	⊕	⊕	⊕	⊕
Spinach	949	20	⊕	⊕	⊕	⊕	⊕
Collard greens	737	20	⊕	⊕	⊕	⊕	⊕
Swiss chard	717	20	⊕	⊕	⊕	⊕	⊕
Turnip greens	714	20	⊕	⊕	⊕	⊕	⊕
Pumpkin, canned	577	40	⊕	⊕	⊕	⊕	⊕
Mustard greens	550	10	⊕	⊕	⊕	⊕	⊕
Sweet potato, with skin (1 small)	492	100	⊕	⊕	⊕	⊕	⊕
Radicchio, raw (2 cups)	467	20	⊕	⊕	⊕	⊕	⊕
Carrots	399	30	⊕	⊕	⊕	⊕	⊕
Broccoli rabe (4 stalks)	392	30	⊕	⊕	⊕	⊕	⊕
Romaine lettuce, raw (2 cups)	340	10	⊕	⊕	⊕	⊕	⊕

	Score	Calories	Vitamin K	Lutein	Vitamin C	Potassium	Fiber
Baby carrots, raw (8)	335	30	⊕	⊕	⊕	⊕	⊕
Red leaf lettuce, raw (2 cups)	304	10	⊕	⊕	⊕	⊕	⊕
Green leaf lettuce, raw (2 cups)	298	10	⊕	⊕	⊕	⊕	⊕
Arugula, raw (2 cups)	293	20	⊕	⊕	⊕	⊕	⊕
Broccoli (2 spears)	268	30	⊕	⊕	⊕	⊕	⊕
Curly endive, raw (2 cups)	264	10	⊕	⊕	⊕	⊕	⊕
Brussels sprouts	247	30	⊕	⊕	⊕	⊕	⊕
Broccoli, raw (3 spears)	246	30	⊕	⊕	⊕	⊕	⊕
Red bell pepper	225	20	⊕	⊕	⊕	⊕	⊕
Butternut squash (½ cup)	208	30	⊕	⊕	⊕	⊕	⊕
Bibb or Boston lettuce, raw (2 cups)	201	10	⊕	⊕	⊕	⊕	⊕
Red bell pepper, raw (½ large)	198	30	⊕	⊕	⊕	⊕	⊕
Peas	173	70	⊕	⊕	⊕	⊕	⊕
Bok choy	154	10	⊕	⊕	⊕	⊕	⊕

Veggie Good (Score = 50-149)

Savoy cabbage, raw (1 cup)	139	20	⊕	⊕	⊕	⊕	⊕
Tomato (½ cup)	136	20	⊕	⊕	⊕	⊕	⊕
Red cabbage, raw (1 cup)	135	30	⊕	⊕	⊕	⊕	⊕
Asparagus (6 spears)	134	20	⊕	⊕	⊕	⊕	⊕
Tomato, raw (½ cup)	126	20	⊕	⊕	⊕	⊕	⊕
Cabbage, raw (1 cup)	120	20	⊕	⊕	⊕	⊕	⊕
Green bell pepper	113	20	⊕	⊕	⊕	⊕	⊕
Green bell pepper, raw (½ large)	112	20	⊕	⊕	⊕	⊕	⊕
Zucchini, raw (½ medium)	103	10	⊕	⊕	⊕	⊕	⊕
Red cabbage	95	30	⊕	⊕	⊕	⊕	⊕
Okra	94	20	⊕	⊕	⊕	⊕	⊕
Scallions, raw (½ cup)	91	10	⊕	⊕	⊕	⊕	⊕
Zucchini	88	10	⊕	⊕	⊕	⊕	⊕
Cauliflower, raw (7 florets)	87	20	⊕	⊕	⊕	⊕	⊕
Green beans	83	30	⊕	⊕	⊕	⊕	⊕
Leeks (¾ cup)	82	30	⊕	⊕	⊕	⊕	⊕
Lima beans	82	110	⊕	⊕	⊕	⊕	⊕

	Score	Calories	Vitamin K	Lutein	Vitamin C	Potassium	Fiber
Green chili pepper, raw (½)	81	10	⊕	⊕	⊕	⊕	⊕
Cauliflower (5 florets)	77	20	⊕	⊕	⊕	⊕	⊕
Avocado, raw (½)	75	110	⊕	⊕	⊕	⊕	⊕
Kohlrabi	71	30	⊕	⊕	⊕	⊕	⊕
Artichoke (½)	69	30	⊕	⊕	⊕	⊕	⊕
Jalapeño pepper, raw (2)	68	10	⊕	⊕	⊕	⊕	⊕
Potato, with skin (1 small)	64	100	⊕	⊕	⊕	⊕	⊕
Celery, raw (2 medium stalks)	63	10	⊕	⊕	⊕	⊕	⊕
Yellow squash	60	20	⊕	⊕	⊕	⊕	⊕
Corn	58	80	⊕	⊕	⊕	⊕	⊕
Red chili pepper, raw (½)	55	10	⊕	⊕	⊕	⊕	⊕
Parsnips	55	60	⊕	⊕	⊕	⊕	⊕
Iceberg lettuce, raw (2 cups)	54	10	⊕	⊕	⊕	⊕	⊕

Gotta Love 'em (Score = 0-49)

Jicama, raw (½ cup)	48	30	⊕	⊕	⊕	⊕	⊕
Rutabaga	44	30	⊕	⊕	⊕	⊕	⊕
Beets	43	40	⊕	⊕	⊕	⊕	⊕
Jerusalem artichoke (sunchoke), raw (½ cup)	41	60	⊕	⊕	⊕	⊕	⊕
White (button) mushrooms	33	20	⊕	⊕	⊕	⊕	⊕
Beets, canned	33	30	⊕	⊕	⊕	⊕	⊕
Turnips	28	20	⊕	⊕	⊕	⊕	⊕
Cucumber, raw, with peel (½ med.)	27	10	⊕	⊕	⊕	⊕	⊕
Portobello mushrooms (½ cup)	24	30	⊕	⊕	⊕	⊕	⊕
Eggplant (¾ cup)	21	30	⊕	⊕	⊕	⊕	⊕
Onion (½ cup)	21	40	⊕	⊕	⊕	⊕	⊕
Spaghetti squash	20	20	⊕	⊕	⊕	⊕	⊕
White (button) mushrooms, raw (5 medium)	19	20	⊕	⊕	⊕	⊕	⊕
Shiitake mushrooms	19	50	⊕	⊕	⊕	⊕	⊕
Radishes, raw (3 large)	13	10	⊕	⊕	⊕	⊕	⊕
Onion, raw (3 Tbs.)	9	10	⊕	⊕	⊕	⊕	⊕

Source: U.S. Department of Agriculture National Nutrient Database (ndb.nal.usda.gov).

CHOOSING THE LEANEST MEAT

Best Bites (✓✓) have no more than 2 grams of saturated fat per serving (4 oz. cooked). We disqualified red meat, which may raise the risk of heart disease and cancer. Red-meat numbers are for meat that has been carefully trimmed (in most cases to 1/8" fat). Because recent 1/8" trim numbers were unavailable for pork, we used older numbers. Within each section, cuts are ranked from least to most saturated fat, then least to most calories. Avoid poultry and red meats that contain added salt solutions.



POULTRY (4 oz. cooked)	Calories	Total Fat (g)	Saturated Fat (g)
✓✓ Turkey breast, no skin	190*	2*	0.5*
✓✓ Chicken breast, no skin	190	4	1
✓✓ Chicken drumstick, no skin	200	6	1.5
Chicken breast, with skin	220	9	2.5
Turkey breast, with skin	220	9	2.5
Turkey leg, no skin	220*	8*	2.5*
Chicken wing, no skin	230	9	2.5
Chicken thigh, no skin	240	12	3.5
Turkey leg, with skin	240	12	3.5
Chicken drumstick, with skin	250	13	3.5
Turkey wing, with skin	270	15	4
Chicken thigh, with skin	280	18	5
Chicken wing, with skin	330	22	6

BEEF (4 oz. cooked, 1/8" trim unless noted)	Calories	Total Fat (g)	Saturated Fat (g)
Chuck eye steak, choice, 0" trim	180	6	2
Top round (London broil), select	230	9	3.5
Flank steak, choice, 0" trim	230	11	4.5
Bottom round (Rump roast), select	240	12	4.5
Eye of round roast, choice	240	11	4.5
Top round (London broil), choice	250	12	4.5
Ground beef, 10% fat	250	13	5
Tri-tip roast, choice, 0" trim	250	14	5

BEEF (4 oz. cooked, 1/8" trim unless noted)	Calories	Total Fat (g)	Saturated Fat (g)
Bottom round steak, select	270	13	5
Bottom round (Rump roast), choice	250	14	5.5
Round tip roast, choice	260	14	5.5
Bottom round steak, choice	290*	14	5.5
Flat iron steak, choice, 0" trim	260	15	6
Ground beef, 15% fat	280	18	6.5
Top sirloin steak, choice	290	18	7
Ribeye (Delmonico) steak, choice, 0" trim	300	19	7.5
Ground beef, 20% fat	310	20	7.5
Filet mignon (Tenderloin steak), choice	310	20	8
Ground beef, 25% fat	320	21	8
New York strip steak, choice	320	21	8
Ground beef, 30% fat	310	21	8.5
T-bone steak, choice	320	23	9
Chuck arm pot roast, choice	350	23	9
Brisket (flat cut or first cut), choice	340	22	9.5
Porterhouse steak, choice	340	25	9.5
Tenderloin roast, choice	380	29	11.5
Chuck blade roast, choice	410	31	12.5
Prime rib, choice	410	33	13.5
Rib roast (large end), choice	430	36	14.5



PORK (4 oz. cooked, 1/8" trim unless noted)	Calories	Total Fat (g)	Saturated Fat (g)
Tenderloin, 0" trim	200*	7	2.5
Sirloin roast, boneless, 0" trim	230*	11	4
Top loin chop, boneless	260	13	4.5
Top loin roast, boneless	260	13	4.5
Loin chop, with bone	270	15	5.5
Pork chop (Loin rib chop), boneless	290	18	6.5
Shoulder blade steak	290	19	6.5
Pork chop (Loin rib chop), with bone	300	18	6.5
Ground pork	340	24	9.5
Country style ribs, with bone	370	29	10.5
Spareribs, no trim specified	450	34	12.5



✓✓ Best Bite. * Estimate.

Daily Saturated Fat Limit (for a 2,000-calorie diet): 20 grams.





LAMB (4 oz. cooked, 1/8" trim unless noted)	Calories	Total Fat (g)	Saturated Fat (g)
Shank, domestic	250	13	5.5
Loin chop, Australian	250	14	6.5
Leg, domestic	270	16	6.5
Shank, Australian	260	16	7.5
Leg, Australian	280	17	8.5
Shoulder blade chop, domestic	300	21	8.5
Loin chop, domestic	340	23	10.5
Shoulder arm chop, domestic	380	26	10.5
Rib roast, Australian	310	23	11.5
Shoulder arm chop, Australian	350	23	11.5
Shoulder blade chop, Australian	330	25	12.5
Rib roast, domestic	390	31	13.5
VEAL (4 oz. cooked, no trim specified)	Calories	Total Fat (g)	Saturated Fat (g)
Cutlet	180	5	2.5
Shoulder arm steak	210	9	4.5
Shoulder blade steak	210	10	4.5
Loin chop	250	14	6.5
Rib roast	260	16	6.5
FOR COMPARISON (4 oz. cooked, no trim specified)	Calories	Total Fat (g)	Saturated Fat (g)
✓✓ Flounder	130	2	0.5
✓✓ Wild Coho Salmon	160	5	1.5

✓✓ Best Bite. * Estimate.

Daily Saturated Fat Limit (for a 2,000-calorie diet): 20 grams.

Source: U.S. Department of Agriculture National Nutrient Database (ndb.nal.usda.gov).

WHICH BEANS ARE BEST?

All beans are nutritional powerhouses, but some are a bit more “powerhousey” than others. We came up with a score for each bean by adding its percent of the Daily Value, or DV, for nine nutrients. For example: A cup of cooked lentils has 56% of the DV for fiber (56 points) and 16% of the DV for potassium (16 points). It also has 90% of the DV for folate, 17% for magnesium, 37% for iron, 55% for copper, 23% for zinc, 36% for protein, and 21% for vitamin B-6. That adds up to a score of 351.

Copper and vitamin B-6 values are included in each score but don’t appear in the chart.

Bean <i>(1 cup, cooked, unless noted)</i>	Score	Fiber	Folate	Potassium	Magnesium	Iron	Zinc	Protein
Adzuki beans	372	⊕	⊕	⊕	⊕	⊕	⊕	⊕
Lentils	351	⊕	⊕	⊕	⊕	⊕	⊕	⊕
Soybeans	346	⊕	⊕	⊕	⊕	⊕	⊕	⊕
Cranberry beans	307	⊕	⊕	⊕	⊕	⊕	⊕	⊕
Chickpeas (garbanzos)	300	⊕	⊕	⊕	⊕	⊕	⊕	⊕
Navy beans	298	⊕	⊕	⊕	⊕	⊕	⊕	⊕
Pinto beans	296	⊕	⊕	⊕	⊕	⊕	⊕	⊕
Small white beans	295	⊕	⊕	⊕	⊕	⊕	⊕	⊕
Black-eyed peas (cowpeas)	292	⊕	⊕	⊕	⊕	⊕	⊕	⊕
White beans	285	⊕	⊕	⊕	⊕	⊕	⊕	⊕
Pink beans	283	⊕	⊕	⊕	⊕	⊕	⊕	⊕
Lima beans, baby	278	⊕	⊕	⊕	⊕	⊕	⊕	⊕
Mung beans	271	⊕	⊕	⊕	⊕	⊕	⊕	⊕
Black beans (turtle beans)	269	⊕	⊕	⊕	⊕	⊕	⊕	⊕
Lima beans, large	262	⊕	⊕	⊕	⊕	⊕	⊕	⊕
Kidney beans, all types	253	⊕	⊕	⊕	⊕	⊕	⊕	⊕
Great northern beans	250	⊕	⊕	⊕	⊕	⊕	⊕	⊕
Split peas (green)	232	⊕	⊕	⊕	⊕	⊕	⊕	⊕
Fava beans (broad beans)	216	⊕	⊕	⊕	⊕	⊕	⊕	⊕
Tofu, raw, firm (4 oz.)	165	⊕	⊕	⊕	⊕	⊕	⊕	⊕
Tofu, raw, regular (4 oz.)	103	⊕	⊕	⊕	⊕	⊕	⊕	⊕

KEY

Percentage of the Daily Value:

- ⊕ 50% or more
- ⊕ 25%-49%
- ⊕ 10%-24%
- ⊕ 5%-9%
- ⊕ less than 5%

Source: U.S. Department of Agriculture National Nutrient Database (ndb.nal.usda.gov).

RATING NUTS & SEEDS

Nuts and seeds are rich in heart-healthy unsaturated fats and other nutrients. That's why most **unsalted** nuts and seeds are Best Bites (✓✓). But nuts are not all created equal. See "The Best Nuts for Your Heart" on p. 13 to learn why cashews, Brazil nuts, and macadamias don't get a Best Bite.

Calories, protein, and saturated fat don't vary much from brand to brand of each nut or seed, but sodium does. If you buy salted nuts, choose brands with no more than 120 milligrams of sodium per 1 oz. serving. Or look for "low sodium" or "lightly salted" on the label.

Nuts and seeds are ranked from least to most saturated fat, then most to least protein, then least to most calories.

Nuts & Seeds, unsalted (number in 1 oz.)	Calories	Sat Fat (g)	Protein (g)
✓✓ Soy nuts (1/3 cup)	130	1	12
✓✓ Almonds (20-24)	160	1	6
✓✓ Pistachios (47-49)	160	1.5	6
✓✓ Sunflower seeds (1/4 cup shelled)	170	1.5	6
✓✓ Hazelnuts or filberts (19-21)	180	1.5	4
✓✓ Walnuts (10-14 halves)	190	1.5	4
✓✓ Peanuts (about 40)	160	2	7
Cashews (16-18)	160	2	5
✓✓ Pecans (18-20 halves)	200	2	3
✓✓ Pumpkin seeds (1/4 cup shelled)	160	2.5	9
Macadamias (10-12)	200	3.5	2
Brazil nuts (6-8)	190	4.5	4

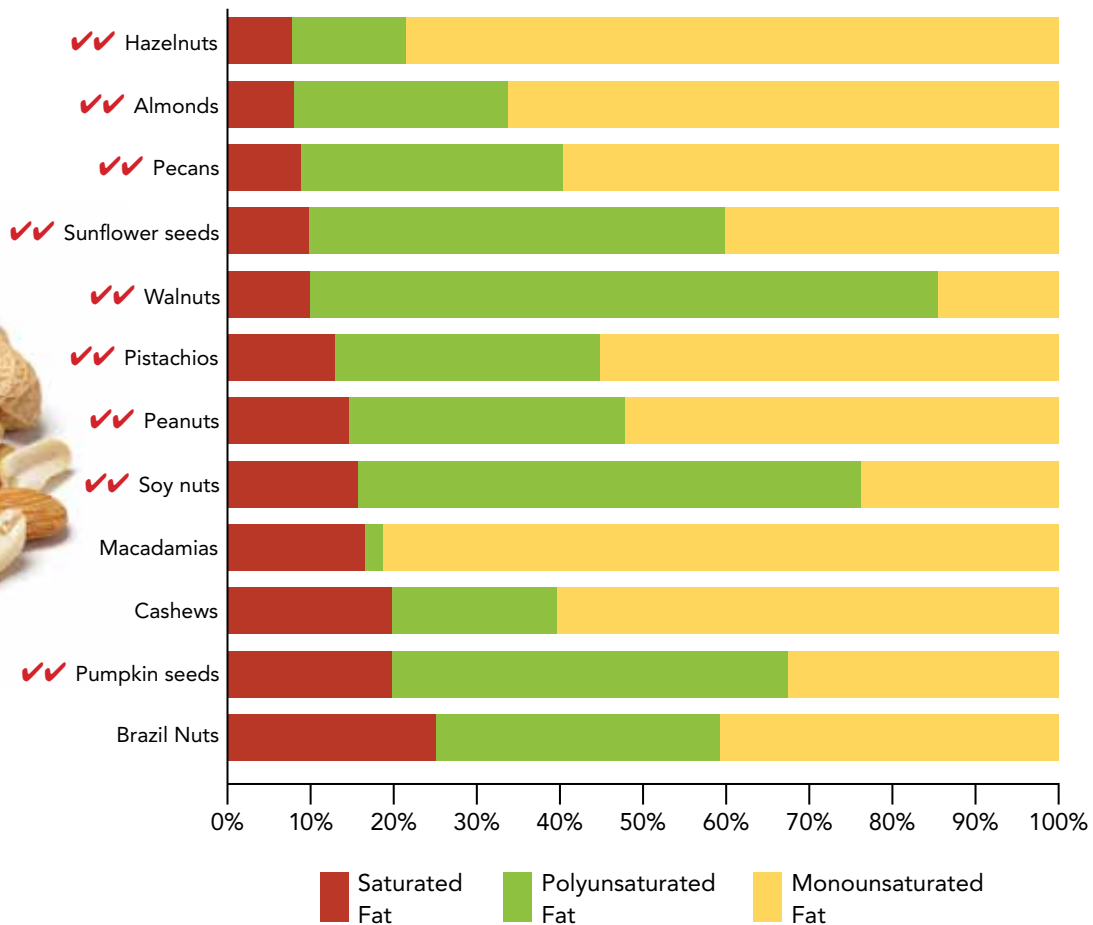
✓✓ Best Bite.

Daily Limits (for a 2,000-calorie diet): Saturated Fat: 20 grams.
Sodium: 2,300 milligrams. Protein Target: 75 grams.

Source: U.S. Department of Agriculture National Nutrient Database (ndb.nal.usda.gov).

THE BEST NUTS FOR YOUR HEART

Which nuts or seeds are good for your heart? Any of them should lower your LDL (“bad”) cholesterol if you eat them instead of meat, butter, or other foods rich in saturated fat. But nuts that have at least twice as much polyunsaturated fat as saturated fat lower LDL the most. That’s why we gave Best Bites (✓✓) to pistachios, walnuts, pecans, almonds, peanuts, hazelnuts, soy nuts, sunflower seeds, and pumpkin seeds, but not to macadamias, cashews, or Brazil nuts.



Source: U.S. Department of Agriculture National Nutrient Database (ndb.nal.usda.gov).

RATING GRAINS

We calculated a score for each grain by adding up its percent of the Daily Value, or DV, for six nutrients. For example, a 5 oz. serving of cooked quinoa has 14% of the DV for fiber (14 points), 22% of the DV for magnesium (22 points), 10% for vitamin B-6, 14% for zinc, 30% for copper, and 12% for iron. That adds up to a score of 102.

Whole grains typically have higher scores than refined grains.

KEY

Percentage of the Daily Value:

- ⊕ 30% or more
- ⊕ 20%-29%
- ⊕ 10%-19%
- ⊕ 5%-9%
- ⊕ less than 5%

Grain (5 oz. cooked—about ¾–1 cup)	Score	Fiber	Magnesium	B-6	Zinc	Copper	Iron
Kamut	115	⊕	⊕	⊕	⊕	⊕	⊕
Spelt	106	⊕	⊕	⊕	⊕	⊕	⊕
Quinoa	102	⊕	⊕	⊕	⊕	⊕	⊕
Amaranth	93	⊕	⊕	⊕	⊕	⊕	⊕
Barley, pearled ¹	75	⊕	⊕	⊕	⊕	⊕	⊕
Buckwheat groats (kasha)	74	⊕	⊕	⊕	⊕	⊕	⊕
Millet	72	⊕	⊕	⊕	⊕	⊕	⊕
Wild rice	72	⊕	⊕	⊕	⊕	⊕	⊕
Bulgur	68	⊕	⊕	⊕	⊕	⊕	⊕
Brown rice	61	⊕	⊕	⊕	⊕	⊕	⊕
Oats, rolled	50	⊕	⊕	⊕	⊕	⊕	⊕
Couscous, white ¹	26	⊕	⊕	⊕	⊕	⊕	⊕
White rice ¹	22	⊕	⊕	⊕	⊕	⊕	⊕
Corn grits, enriched ¹	17	⊕	⊕	⊕	⊕	⊕	⊕
Soba noodles ¹	17	⊕	⊕	⊕	⊕	⊕	⊕

¹ Not a whole grain.

Source: U.S. Department of Agriculture National Nutrient Database (ndb.nal.usda.gov).

THE BEST DIET FOR YOUR HEART

One of the healthiest diets for your heart is called DASH (Dietary Approaches to Stop Hypertension).

It's low in saturated fat, sugar, and salt, and rich in fruits and vegetables. (It's also rich in nutrients like potassium, magnesium, calcium, and fiber.)

In 1997, a landmark study found that a DASH diet could lower blood pressure as well as some prescription drugs. That news was a bombshell, because high blood pressure (hypertension) is a major risk factor for heart attacks and strokes.

Then, in 2005, the OmniHeart study reported that two variations of the DASH diet were even better than the original:

- The **higher-protein** variation replaced some carbs with protein—half from plant sources (like beans, peas, and nuts) and half from animal foods (like fish, lean poultry, and low-fat dairy).
- The **higher-healthy-fat** variation was a Mediterranean-style diet. It replaced some of DASH's carbs with healthy fats like oils, salad dressing, mayonnaise, nuts, fatty fish, and avocado. (The oils—like canola, olive, and soybean—were polyunsaturated or monounsaturated, not saturated like coconut, palm, and palm kernel.)

The two OmniHeart diets beat the original DASH diet because they were better at lowering LDL ("bad") cholesterol and triglycerides.

"DASH, in a Dash" is our hybrid of the two, with a "wild card" that lets you eat one extra serving of carbs, protein, or healthy fat each day.

DASH, in a Dash

Here's a 2,100-calorie version. Don't want to count so many servings? Start by filling half your plate with fruits and vegetables.

	Daily Servings
 Vegetables & Fruit 1 serving: ½ cup (or 1 cup greens) or 1 piece fruit	11
 Grains 1 serving: ½ cup pasta or rice or cereal or 1 slice bread	4
 Low-fat Dairy 1 serving: 1 cup milk or yogurt or 1½ oz. cheese	2
 Legumes & Nuts 1 serving: ½ cup beans or ¼ cup nuts or 4 oz. tofu	2
 Poultry, Fish, Lean Meat 1 serving: ¼ lb. cooked	1
 Oils & Fats 1 serving: 1 Tbs.	2
 Desserts & Sweets 1 serving: 1 tsp. sugar or 1 small cookie	2
 Wild Card Poultry, Fish, Meat or Oils & Fats or Grains or Desserts & Sweets	1

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