

Title:

10 Top Healthy Foods To Keep You Fit

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821

Summary:

Healthy eating and physical fitness go together, but there are no magic foods that cause you t

Keywords:

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Article Body:

Healthy eating and physical fitness go together, but there are no magic foods that cause you t

Berries

You may like all types of berries or just one or two favorites, but you can never go wrong by

Citrus

The foods of the citrus family are widely recognized as a valuable source of vitamin C. Choose

Vegetables

The variety of vegetables is amazing. For people who are vegetarian or vegan, choosing vegetab

Whole Grains

Like many other of the best foods, choosing only one type of whole grain for your meals doesn't

Salmon

Salmon is lean fish and nutritionally one of the best fish choices. It is rich in Omega-3 oils

Legumes

A legume is the name for a variety of fruits with a single dry seed. Legumes are sometimes cal

Nuts and seeds

Nature has packed a lot of goodness into small packages. Most everyone has heard of walnuts an

Lean proteins

The keyword here is lean. Americans eat far too much protein compared to the rest of the world

Tea

Depending on the type of tea you prefer, you can get an energy boost from a cup of green tea,

Olive oil

Olive oil is probably the healthiest substance you can use to keep fat in your diet. You can u

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