

Forbidden foods you really should eat!



Contrary to popular belief, snacking isn't bad for you! By snacking, you're fueling your body, just like a car's gas tank, say experts. New research has identified several delicious snack foods that can satisfy your cravings and boost your health drastically!!!



Yes French fries! Cure a carb craving with fries and you'll help cure a problem 80% of women suffer from: low potassium intake, a condition that heightens your risk of kidney stones and brittle bones!



The monosaturated fatty acids found in **cashews** help improve what doctors call baroreflex sensitivity, a mechanism that prevents blood pressure from rising too high.



A cup of Java! Don't feel guilty about grabbing that cup of coffee in the afternoon. Coffee beans are actually berries and they have a higher antioxidant content than any other berry! The benefits--lowering the risk of cancer, Alzheimer's, cardiovascular disease and diabetes!

Apple Pie! Can a slice of apple pie help keep disease away? Yes! Research suggests that eating apples improves lung health and decreases the risk of heart disease, and halts the growth of colon and liver cancer cells. Thanks to the apple's high concentration of flavonoids, antioxidants that sweep away harmful free radicals, preventing them from damaging cells throughout the body.



Bonus: Make your pie with extra cinnamon; studies show it helps regulate insulin and lower blood cholesterol levels by as much as 26%!



A juicy strawberry!

Savoring the sweetness of strawberries can boost your brainpower. Scientists recently discovered that fisetin, a natural compound in strawberries, helps form stronger connections between brain cells. The result? Better long-term memory and better protection against

Alzheimer's! **Bonus:** Dip your strawberries in delicious dark chocolate and enjoy extra protection against diabetes as the dark chocolate helps regulate insulin levels.



Cheese and crackers! The perfect combination for hours of energy. Combine slow-digesting carbs, such as high-fiber crackers, with the satisfying fat and punch of protein in low-fat cheese. Pick crackers made with flaxseed flour.