

dessert. Plain low-fat yogurt is also a perfect base for creamy salad dressings and dips.

Home Run: Power Smoothie Blend - 1 cup low-fat yogurt, 1 cup fresh or frozen blueberries, 1 cup carrot juice, and 1 cup fresh baby spinach for a nutrient-rich blast.

Tomatoes

Benefits: Cancer fighter, heart healthy, boosts immunity



There are two things you need to know about tomatoes: Red are best, because

they're packed with more of the antioxidants lycopene, and processed tomatoes are just as potent as fresh ones, because it's easier for the body to absorb the lycopene. Studies show that a diet rich in lycopene can decrease your risk of bladder, lung, prostate, skin, and stomach cancers, as well as reduce the risk of coronary artery disease. Aim for 22 mg of lycopene a day, which is about 8 red cherry tomatoes or a glass of tomato juice. **Substitutes:** Red watermelon, pink grapefruit, Japanese persimmon, papaya, guava.

Fit It In: Pile on the ketchup and Ragu; guzzle low-sodium VB and gazpacho; double the amount of tomato paste call for in a recipe.

Pinch Hitter: Red and Pink Fruit Bowl - 1 small watermelon, 2 grapefruits, 3 persimmons, 1 papaya, and 4 guavas. Garnish with mint.

Carrots

Benefits: Cancer fighter, boosts immunity, enhances eyesight.

Most red, yellow, or orange vegetables and fruits are spiked with carotenoids - fat-soluble

compounds that are associated with a reduction in a wide range of cancers, as



well as reduced risk and severity of inflammatory conditions such as asthma and rheumatoid arthritis--but none are as easy to prepare, or have a low caloric density as carrots. Aim for 1/2 cup a day. **Substitutes:** Sweet potato, pumpkin, butternut squash, yellow bell pepper, mango.

Fit It In: Raw baby carrots, sliced raw yellow peppers, butternut squash soup, baked sweet potato, pumpkin pie, mango sorbet, carrot cake.

Pinch Hitter: Baked sweet potato fries - scrub and dry 2 sweet potatoes. Cut each into 8 slices, toss with olive oil and paprika. Spread on a baking sheet and bake for 15 minutes at 350 degrees. Turn and bake for 10 minutes more.

Blueberries

Benefits: Brain stimulant, cancer fighter, heart healthy, boosts immunity.

Host to more antioxidants than any other popular fruit, blueberries help prevent cancer, diabetes, and age-related memory changes (hence the nickname "brain berry"). studies show that blueberries, which are rich in fiber and vitamins A and C, boosts cardiovascular health. Aim for 1 cup fresh blueberries a day, or 1/2 cup frozen or dried. **Substitutes:** Acai

berries, purple grapes, prunes, raisins, strawberries.

Fit It In: Blueberries maintain most of their power in dried, frozen, or jam form.

Black Beans

Benefits: Muscle growth, brain stimulant, heart healthy.

All beans are good for your heart, but none can boost your brain power like black beans.

That's because they're full of anthocyanins, antioxidant compounds



that have been shown to improve brain function. A daily 1/2 cup serving provides 8 grams of protein and 7.5 grams of fiber, and is low in calories and free of saturated fat. **Substitutes:** Peas, lentils, pinto, kidney, fava and lima beans.

Fit It In: Wrap black beans in a breakfast burrito; use both black beans and kidney beans in your chili; puree 1 cup black beans with 1/4 cup olive oil and roasted garlic for a healthy dip; and favas, limas, or peas to pasta dishes.

Home Run: Black bean and tomato salsa - Dice 4 tomatoes, 1 onion, 3 cloves of garlic, 2 jalapenos, 1 yellow bell pepper, and 1 mango. Mix in a can of black beans and garnish with 1/2 cup of chopped cilantro and the juice of 2 limes.

Walnuts

Benefits: Muscle growth, brain stimulant, cancer fighter, heart healthy, boosts immunity.