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A Factbook of Practical Suggestions
on Nutrition and Food from the pages of

Nutrition Action

HEALTH LETTER®

Healthy Foods

*Your guide to the
best basic foods*

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by Bonnie Liebman, M.S. and Jayne Hurley, R.D.



The Fruit Bowl

We calculated a score for each fruit by adding up its percentage of the recommended daily intake for five nutrients plus fiber and carotenoids. (We used the Dietary Reference Intake, or DRI, for all but two. For fiber, which has no DRI, we used the Daily Value, or DV. For carotenoids, which has no DRI or DV, we devised our own recommended intake from the best available research.)

For example, half a pink grapefruit has 65 percent of our daily target for carotenoids (65 points) and 10 percent of the DV for fiber (10 points), plus 53 percent of the DRI for vitamin C (53 points), 5 percent for folate (5 points), 4 percent for potassium (4 points), 3 percent for calcium (3 points), and 1 percent for iron (1 point). That gives it a score of 141 points. The chart doesn't show calcium or iron numbers because they're generally low.

Fruit	Score	Carotenoids	Vitamin C	Potassium	Folate	Fiber	Calories
Guava (3)	575	●	●	●	●	●	100
Watermelon (2 cups diced)	314	●	●	●	●	●	80
Kiwi (2)	201	●	●	●	●	●	90
Papaya (1 cup cubed)	189	●	●	●	●	●	60
Grapefruit, pink or red (1/2)	141	●	●	●	●	●	70
Kumquats (7)	138	●	●	●	●	●	100
Orange (1)	136	●	●	●	●	●	70
Cantaloupe (1/4)	132	●	●	●	●	●	50
Lychees (14)	131	●	●	●	●	●	90
Strawberries (8)	128	●	●	●	●	●	50
Mango (1/2)	107	●	●	●	●	●	80
Raspberries (1 1/4 cups)	101	●	●	●	●	●	70
Blackberries (1 cup)	91	●	●	●	●	●	60
Star Fruit (1)	82	●	●	●	●	●	40
Pineapple (2 slices, or 3/4 cup)	77	●	●	●	●	●	60
Apricots (4)	76	●	●	●	●	●	70
Grapefruit, white (1/2)	76	●	●	●	●	●	50
Persimmon (1)	76	●	●	●	●	●	100
Pomegranate (1/2)	62	●	●	●	●	●	120
Tangerine (1)	61	●	●	●	●	●	60

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	Score	Carotenoids	Vitamin C	Potassium	Folate	Fiber	Calories
Apple (1)	48	●	●	●	●	●	130
Apricots, dried (11 halves)	48	●	●	●	●	●	100
Honeydew melon (1/6)	47	●	●	●	●	●	50
Lemon (1)	47	●	●	●	●	●	20
Peaches, dried (3 halves)	47	●	●	●	●	●	100
Banana (1)	45	●	●	●	●	●	110
Rhubarb cooked with sugar (1/2 cup)	44	●	●	●	●	●	160
Plums (2)	41	●	●	●	●	●	70
Blueberries (1 cup)	40	●	●	●	●	●	80
Pear (1)	40	●	●	●	●	●	100
Cherries (1 cup)	39	●	●	●	●	●	90
Figs (2)	38	●	●	●	●	●	100
Lime (1)	37	●	●	●	●	●	20
Nectarine (1)	37	●	●	●	●	●	60
Peach (1)	37	●	●	●	●	●	60
Asian pear (1)	34	●	●	●	●	●	60
Figs, dried (5)	34	●	●	●	●	●	100
Currants, dried (1/4 cup)	32	●	●	●	●	●	110
Grapes (1/4 cup)	31	●	●	●	●	●	90
Pineapple, canned (1/2 cup)	29	●	●	●	●	●	80
Peaches, canned (1/2 cup)	27	●	●	●	●	●	60
Prunes, dried (4)	26	●	●	●	●	●	100
Dates, dried (6)	25	●	●	●	●	●	110
Avocado (1/4)	24	●	●	●	●	●	50
Fruit cocktail (1/2 cup)	23	●	●	●	●	●	60
Cranberries (1/2 cup)	22	●	●	●	●	●	30
Raisins (1/4 cup)	20	●	●	●	●	●	120
Pears, canned (1/2 cup)	19	●	●	●	●	●	70
Applesauce, unsweetened (1/2 cup)	12	●	●	●	●	●	50

Percentage of the recommended daily intake:

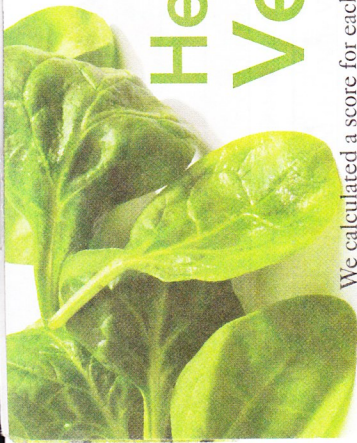
- 20% or more
- 15%-19%
- 10%-14%
- 5%-9%
- less than 5%

Recommended Daily Intakes

- Calcium (DRI): 1,200 mg
- Carotenoids: 5,000 mcg¹
- Iron (DRI): 18 mg
- Potassium (DRI): 4,700 mg
- Fiber (DV): 25 g
- Folate (DRI): 400 mcg
- Vitamin C (DRI): 90 mg

¹Estimate based on available research.

Source: U.S. Department of Agriculture Nutrient Data Laboratory, <http://ndb.nal.usda.gov/>.



The Healthiest Veggies

We calculated a score for each vegetable by adding up its percentage of: (1) the Dietary Reference Intake (DRI) for six nutrients, (2) the Daily Value (DV) for fiber, and (3) the daily targets that we've devised for lutein and carotenoids other than lutein. For example, half a cup of cooked broccoli has 31 percent of our target for lutein and 26 percent of our target for other carotenoids, 11 percent of the DV for fiber, plus 100 percent of the DRI for vitamin K, 61 percent for vitamin C, 23 percent for folate (folic acid), 5 percent for potassium, and 3 percent each for calcium and iron. That gives it a score of 263 points.

Calcium, iron, and folate were part of the score but don't appear in our 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. There is no DRI for lutein, so we set our own (3,000 micrograms) by examining studies on cataracts. (The DRIs—daily targets set by the Institute of Medicine—vary slightly by age and gender. We picked the highest level for adults, excluding pregnant and lactating women.)

Rankings

Superstars (*Score = 150+*): Kale, spinach, collards, and other leafy greens are in a class of their own. But broccoli, carrots, sweet potatoes, bell peppers, and most salad greens are also top-notch. They get such high scores largely because they're rich in lutein and beta-carotene, which is visible in their green or orange color. But leafy greens also supply vitamin K and some of just about everything else (calcium, fiber, folate, iron, and vitamin C).

Not Exactly Chopped Liver (*Score = 50-149*): The midrange group typically gets points from vitamin C, vitamin K, lutein, and beta-carotene. But you can also get a nice dose of fiber from artichokes, avocado, green beans, and lima beans. And asparagus, cauliflower, celery, and okra pour on the folate.

Love 'em Anyway (*Score = 0-49*): Okay, so they're not brimming with vitamins. But there's some preliminary evidence that allium vegetables like onions and garlic may lower cancer risk. And who knows? Maybe radishes or mushrooms or cucumbers harbor some undiscovered phytochemical that can prevent or cure Alzheimer's or arthritis or wrinkles. Bottom line: as long as they taste so good, who cares?

(3 oz. — 1/2 cup — cooked, unless noted)	Score	Calories	Vitamin K	Lutein	Vitamin C	Potassium	Fiber
Kale (2/3 cup)	1,389	20	+	+	+	+	+
Spinach	931	20	+	+	+	+	+
Collard greens	733	20	+	+	+	+	+
Turnip greens (2/3 cup)	709	20	+	+	+	+	+
Swiss chard	700	20	+	+	+	+	+
Spinach, raw (2 cups)	672	10	+	+	+	+	+
Pumpkin, canned	570	40	+	+	+	+	+
Mustard greens (2/3 cup)	547	10	+	+	+	+	+
Sweet potato, with skin (1 medium)	485	100	+	+	+	+	+
Radicchio, raw (2 cups)	464	20	+	+	+	+	+
Broccoli, raw (5 spears)	420	50	+	+	+	+	+
Carrots	397	30	+	+	+	+	+
Romaine lettuce, raw (2 cups)	394	20	+	+	+	+	+
Broccoli rabe (7 stalks)	386	30	+	+	+	+	+
Carrots, raw (1 large)	348	30	+	+	+	+	+
Red bell pepper, raw (1 large)	340	50	+	+	+	+	+
Curly endive, raw (2 cups)	307	20	+	+	+	+	+
Parsley, raw (1/4 cup)	297	10	+	+	+	+	+
Green leaf lettuce, raw (2 cups)	286	10	+	+	+	+	+
Sun-dried tomato (1/4 cup)	281	40	+	+	+	+	+
Broccoli	263	30	+	+	+	+	+
Boston or bibb lettuce, raw (2 cups)	257	10	+	+	+	+	+
Brussels sprouts	243	30	+	+	+	+	+
Red bell pepper	223	20	+	+	+	+	+
Tomato, raw (1 medium)	214	30	+	+	+	+	+
Red leaf lettuce, raw (2 cups)	198	10	+	+	+	+	+
Butternut squash	197	30	+	+	+	+	+
Green bell pepper, raw (1 large)	193	30	+	+	+	+	+
Peas	166	70	+	+	+	+	+
Bok choy	152	10	+	+	+	+	+
Tomato	134	20	+	+	+	+	+
Arugula, raw (2 cups)	133	10	+	+	+	+	+
Snow peas	133	30	+	+	+	+	+
Savoy cabbage, raw (1 cup)	132	20	+	+	+	+	+
Asparagus (6 spears)	131	20	+	+	+	+	+
Red cabbage, raw (1 cup)	131	30	+	+	+	+	+
Pumpkin	117	20	+	+	+	+	+
Cabbage, raw (1 cup)	116	20	+	+	+	+	+
Zucchini, raw (1/2 medium)	115	20	+	+	+	+	+
Green bell pepper	111	20	+	+	+	+	+
Cauliflower, raw (1 cup)	100	30	+	+	+	+	+
Red cabbage	92	30	+	+	+	+	+
Artichoke (1/2)	89	50	+	+	+	+	+
Scallions, raw (1/4 cup)	89	10	+	+	+	+	+
Iceberg lettuce, raw (2 cups)	88	20	+	+	+	+	+
Okra	85	20	+	+	+	+	+
Celery, raw (2 large stalks)	79	20	+	+	+	+	+



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 U.S. Recommended Daily Allowance (USRDA) for seven nutrients plus fiber and potassium. There are no USRDAs for fiber or potassium, so for fiber we used the Daily Value (DV) of 25 grams, which now appears on food labels. For potassium we used our "Nutrition Action RDA" (NARDA) of 3,500 milligrams.

For example: A cup of cooked lentils has 57 percent of the DV for fiber (57 points) and 19 percent of the NARDA for potassium (19 points). It also has 81 percent of the USRDA for folic acid (81 points), 16 percent for magnesium (16 points), 33 percent for iron (33 points), 23 percent for copper (23 points), 15 percent for zinc (15 points), 25 percent for protein (25 points), and 16 percent for vitamin B-6 (16 points). That adds up to a score of 285.

Small differences in score (25 points or less) are meaningless. Potassium and vitamin B-6 values are included in each score but don't appear on the chart. Numbers are for canned or cooked dried beans. Beans are ranked from highest to lowest score.

Bean (1 cup, cooked)	Score	Fiber	Folic Acid	Magnesium	Iron	Copper	Zinc	Protein
Soybeans†	300	●	○	●	●	●	○	●
Pinto beans	287	●	●	●	●	○	○	○
Chickpeas (garbanzos, ceci)	286	●	●	○	●	●	○	●
Lentils	285	●	●	○	●	○	○	○
Cranberry beans *	278	●	●	○	○	○	○	●
Black-eyed peas (cowpeas)	273	●	●	○	●	○	○	○
Pink beans *	269	●	●	●	○	○	○	●
Navy beans *	266	●	●	●	●	●	○	○
Black beans (turtle beans)	265	●	●	●	○	○	○	●
Small white beans *	263	●	●	●	●	○	○	○
White beans	253	●	●	●	●	●	○	○

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	Score	Calories	Vitamin K	Lutein	Vitamin C	Potassium	Fiber
Green beans (2/3 cup)	79	30	●	●	●	●	●
Leeks (3/4 cup)	79	30	●	●	●	●	●
Cauliflower	75	20	●	●	●	●	●
Cilantro, raw (2 1/2 Tbs.)	75	5	●	●	●	●	●
Wax beans (2/3 cup)	75	30	●	●	●	●	●
Zucchini	74	10	●	●	●	●	●
Avocado, raw (1/2)	73	120	●	●	●	●	●
Kohlrabi	68	30	●	●	●	●	●
Lima Beans	65	100	●	●	●	●	●
Green chili pepper, raw (1/2)	53	10	●	●	●	●	●
Potato, with skin (1 medium)	53	100	●	●	●	●	●
Parsnips	49	60	●	●	●	●	●
Corn	47	70	●	●	●	●	●
Jicama, raw	45	30	●	●	●	●	●
Rutabaga	39	30	●	●	●	●	●
Beets	38	40	●	●	●	●	●
Jerusalem artichoke (sunchoke), raw	37	60	●	●	●	●	●
Red chili pepper, raw (1/2)	36	10	●	●	●	●	●
Yellow squash	35	20	●	●	●	●	●
Radishes, raw (9 large)	34	10	●	●	●	●	●
Beets, canned	32	40	●	●	●	●	●
Cucumber, raw, with peel (1/3 medium)	29	20	●	●	●	●	●
Water chestnuts, canned	27	70	●	●	●	●	●
Turnips	26	20	●	●	●	●	●
Portobello mushrooms (3/4 cup)	24	30	●	●	●	●	●
Cucumber, raw, peeled (1/3 medium)	23	10	●	●	●	●	●
Sauerkraut, canned (2 Tbs.)	21	10	●	●	●	●	●
Eggplant (3/4 cup)	19	30	●	●	●	●	●
Bamboo shoots, canned	10	20	●	●	●	●	●
Onion, raw (3 Tbs.)	8	10	●	●	●	●	●
Garlic, raw (1 clove)	3	10	●	●	●	●	●

Daily Reference Intakes (DRIs)

Calcium: 1,200 mg	Iron: 18 mg	Potassium: 4,700 mg
Fiber: 25 g ¹	Lutein: 3,000 mcg ²	Vitamin C: 90 mg
Folate: 400 mcg	Other carotenoids: 3,000 mcg ²	Vitamin K: 120 mcg

¹ Daily Value

² Nutrition Action figure based on available research.

- Contains less than 5% of the Dietary Reference Intake (DRI)
- Contains 5%-9% of the (DRI)
- Contains 10%-19% of the (DRI)
- Contains 20%-99% of the (DRI)
- Contains 100% or more of the (DRI)

Source: USDA's National Nutrient Database, <http://ndb.nal.usda.gov/>.

Bean

(1 cup, cooked)

	Score	Fiber	Folic Acid	Magnesium	Iron	Copper	Zinc	Protein
Lima beans, baby	252	●	●	○	○	○	○	○
Kidney beans, all types	243	●	●	○	●	○	○	○
Adzuki beans *	238	●	●	○	○	●	○	○
Great northern beans	228	●	●	○	○	○	○	○
Mung beans *	226	●	●	○	○	○	○	○
Lima beans, large	224	●	●	○	○	○	○	○
Broadbeans (fava beans) *	197	●	●	○	○	○	○	○
Peas, split (green)	192	●	●	○	○	○	○	○
Tofu, raw, firm (4 oz.) ‡	178	—	—	●	●	○	○	●
Tofu, raw, regular (4 oz.) ‡	109	—	—	●	●	○	○	○

● = contains at least 50% of the USRDA

○ = contains between 10 and 24% of the USRDA

*Values for one or more nutrients are estimates. ‡ Soybeans are the only fatty bean. A cup has 15 grams of fat. A four-ounce serving of tofu, which is made from soybeans, can have anywhere from 2 to 7 grams of fat.

Source: USDA's National Nutrient Database, <http://ndb.nal.usda.gov/>.

● = contains between 25 and 49% of the USRDA
— = contains less than 10% of the USRDA

Rating Grains

We calculated a "score" for each grain by adding up its percent of the U.S. Recommended Daily Allowance (USRDA) for five nutrients plus fiber. There is no USRDA for fiber, so we used the new Daily Value (DV)—25 grams—that now appears on food labels.

For example, a five-ounce serving of quinoa has 9 percent of the DV for fiber (9 points), and 20 percent of the USRDA for magnesium (20 points), 4 percent for vitamin B-6 (4 points), 8 percent for zinc (8 points), 14 percent for copper (14 points), and 18 percent for iron (18 points). That adds up to a score of 73.

(5 oz. cooked—about ¾ – 1 cup)	Score	Fiber	Magnesium	B-6	Zinc	Copper	Iron
✓ Quinoa ¹	73	*	+	—	*	+	+
✓ Amaranth ¹	66	+	+	—	*	+	+
✓ Buckwheat groats ²	64	+	+	*	*	+	*
✓ Bulgur	60	+	+	*	*	*	*
✓ Barley, pearled ²	59	+	*	*	*	*	+
✓ Wild rice ²	58	+	+	+	+	*	*
✓ Millet	53	*	+	*	*	+	*
✓ Brown rice	51	+	+	+	*	*	—
✓ Triticale ¹	47	+	+	—	*	*	—
✓ Wheat berries ¹	41	+	*	—	*	*	*
Kamut ¹	37	na	+	—	*	*	*
Oats, rolled	33	+	*	—	*	—	*
Spelt ¹	33	+	+	na	na	—	*
White rice, converted	26	—	—	—	—	*	*
Couscous, white	23	*	—	—	—	—	—
White rice, instant	18	—	—	—	—	*	*
Soba noodles	12	na	—	—	—	—	—
Corn grits	10	—	—	—	—	—	*

✓ = "Best Bite"

+ = contains at least 10 percent of the USRDA

* = contains between 5 and 9 percent of the USRDA — = contains less than 5 percent of the USRDA

na = not available.

I score is based on USDA estimates of all nutrients. 2 fiber value is a USDA estimate.

Source: USDA's National Nutrient Database, <http://ndb.nal.usda.gov/>.

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Choosing the Leanest Meats

Best Bites (✓✓) have no more than 2 grams of saturated fat per serving (4 ounces cooked). We disqualified red meat, which may raise the risk of heart disease and cancer. Red meats are 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.

	Calories	Total Fat (g)	Sat Fat (g)
Poultry (4 oz. cooked)			
✓✓ 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)			
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
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

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	Calories	Total Fat (g)	Sat Fat (g)
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

Pork (4 oz. cooked, 1/8" trim unless noted)

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
Shoulder blade steak	290	19	6.5
Pork chop (Loin rib chop), with bone	300	18	6.5
Ground pork	340	24	9
Country style ribs, with bone	370	29	10.5
Spareribs, no trim specified	450	34	12.5

Lamb (4 oz. cooked, 1/8" trim)

Shank, domestic	250	13	5
Loin chop, Australian	250	14	6.5
Leg, domestic	270	16	6.5
Shank, Australian	260	16	7
Leg, Australian	280	17	8
Shoulder blade chop, domestic	300	21	8.5
Loin chop, domestic	340	23	10
Rib roast, Australian	310	23	11
Shoulder arm chop, Australian	350	23	11
Shoulder blade chop, Australian	330	25	12
Rib roast, domestic	390	31	13

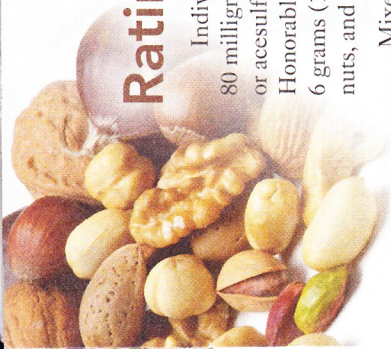
Veal (4 oz. cooked, no trim specified)

Cutlet	180	5	2
Shoulder arm steak	210	9	4
Shoulder blade steak	210	10	4
Loin chop	250	14	6
Rib roast	260	16	6

For comparison (4 oz. cooked)

✓✓ Flounder	130	2	0.5
✓✓ Wild Coho Salmon	160	5	1

✓✓ Best Bite. * Other companies' numbers are probably similar. * Estimate. Daily Saturated Fat Limit (for a 2,000-calorie diet): 20 grams. Source: USDA and company information.



Rating Nuts & Seeds

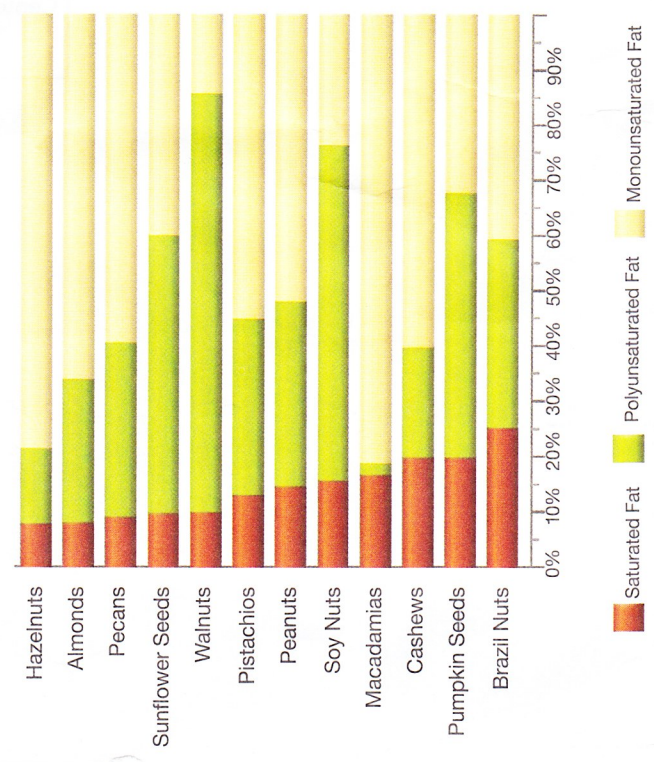
Individual nuts: Best Bites (✓✓) have no more than 80 milligrams of sodium per ¼ cup (1 oz.) and no added sugar or aceulfame potassium (a poorly tested artificial sweetener). Honorable Mentions (✓) can have up to 120 mg of sodium and 6 grams (1½ tsp.) of added sugar. We disqualified cashews, Brazil nuts, and macadamias (see “The Nut Case”).

Mixed nuts: Best Bites have no more than 80 mg of sodium and 2 grams of saturated fat, and contain no sugar, aceulfame potassium, or ingredients like granola or sesame sticks. Honorable Mentions can have up to 120 mg of sodium and 6 grams of sugar.

	Calories	Protein (g)	Sat Fat (g)	Sodium (mg)
Almonds (50 grams—about 40 nuts)				
✓✓ Raw or roasted, unsalted, any brand	300	11	2	0
Cashews (50 grams—about 30 nuts)				
Raw or roasted, unsalted, any brand	280	8	4	10
Peanuts (50 grams—about 50 nuts)				
✓✓ Raw or roasted, unsalted, any brand	290	13	3.5	10
Pistachios (50 grams—about 90 nuts)				
✓✓ Raw or roasted, unsalted, any brand	280	10	2.5	0
Miscellaneous Nuts (approx. number of nuts in 50 g, raw or roasted)				
✓✓ Filberts or Hazelnuts (35)	310	7	2	0
✓✓ Pecans (35 halves) or Walnuts (25 halves) ¹	340	6	3	0
Macadamias (20)	360	4	6	0
Brazil nuts (10)	330	7	7.5	0
Macadamias, salted (20)	360	4	6	130
✓ Pecans, salted (35 halves)	360	5	3.5	190
Soy nuts, salted (½ cup)	240	20	1.5	400
Pumpkin Seeds (50 grams—about ½ cup—raw or roasted)				
✓✓ Pumpkin kernels, unsalted	260	16	4	10
Sunflower Seeds (50 grams—about ½ cup—raw or roasted)				
✓✓ Sunflower kernels, unsalted	290	10	3	0

✓✓ Best Bite. ✓ Honorable Mention. ¹Average. **Daily Limits** (for a 2,000-calorie diet): Saturated Fat: 20 grams. Sodium: 1,500 milligrams. Sugar: 40 grams (10 teaspoons).

THE NUT CASE



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 saturated fats. But only nuts that have at least twice as much polyunsaturated fat as saturated fat lower LDL if you eat them instead of pasta, rice, or other carbohydrates. That means pistachios, walnuts, pecans, almonds, peanuts, hazelnuts, soy nuts, sunflower seeds, and pumpkin seeds, but not macadamias, cashews, or Brazil nuts (so those three don’t get a Best Bite).

Source: U.S. Department of Agriculture Nutrient Database.