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here is a list of 50 super healthy foods and tasty foods you can use to overhaul your diet or switch to some healthier snacks all the major food groups are included show your heart some of the love it deserves by regularly working these heart healthy foods into your diet all too often seemingly healthy snacks are secretly loaded with sugar saturated fat and carbohydrates that s why we handpicked the healthiest foods to eat that are delicious and incredibly easy to cook foods that are a source of fiber vitamins and minerals and that are high in plant chemicals called phytonutrients are a bonus eating nutrient dense foods regularly over time is linked to a lower risk of some chronic diseases here are 10 great foods to add or increase in your diet the foods you eat have the power to help you live a longer healthier life choose the right foods and you ll fuel your body with the nutrients it needs to prevent nearly every disease and dysfunction from cataracts infertility and neurodegenerative conditions to cardiovascular disease and cancer a healthy eating pattern should be primarily composed of whole foods like vegetables fruits beans nuts seeds whole grains and protein sources like eggs and fish hydrate the

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