

TOP 10 HEALTHY CHEAP FOODS

By Michael Torreiter, Naturopathic Doctor

Here I've compiled a list of ten of the cheapest nutrient-rich foods (in no particular order). Each of these costs less than \$1 per serving. Eat these foods, be healthy, save money.

1. **LENTILS** (and other dried beans) Lentils are rich in dietary fibre, protein and folate – an important B vitamin that helps lower homocysteine in the body. (Homocysteine is an amino acid which increases your risk of heart disease.) One cup provides 90% of your daily folate requirement.
2. **SPINACH** Spinach and other leafy greens are an excellent source for bonebuilding nutrients especially vitamin K, which activates osteocalcin, essential for bone mineralization.
3. **(GROW YOUR OWN) SPROUTS** Sprouts have 3-5 times the vitamin content of the seed they sprouted from; in fact, ½ cup of most sprouts contains more vitamin C than 6 glasses of orange juice.
4. **SUNFLOWER SEEDS** These seeds are an excellent source of Vitamin E, the body's primary fat-soluble antioxidant – 1/4 cup gives you 90% of your RDA. A 2002 study published in the *Journal of the American Medical Association* found that those people who consumed the most vitamin E--from food sources, not supplements -- had a risk of Alzheimer's disease that was 67 percent lower than those eating the least vitamin E.
5. **GREEN TEA** There are abundant healthy-promoting flavonoids in green tea such as epigallocatechin-3-gallate (EGCG). Green tea is one of the most extensively researched health products out there. Green tea drinkers are at lower risk for viral infections, heart disease, cancer, stroke, osteoporosis, etc. etc. Drink up!
6. **EGGS** Eggs have gotten a bad nutritional rap based on their cholesterol content. But eggs raise both HDL (good cholesterol) and LDL (bad cholesterol) providing a net benefit for heart health. Eggs are loaded with riboflavin, folate, vitamins B6, B12, D, and E, and iron, phosphorus, and zinc. And the protein in eggs have the highest biological value – a measure of how well the protein meets our body's needs – of any other food. In fact, eggs are frequently used as the standard for measuring the protein quality of other foods.
7. **GARLIC** Garlic is another very well-researched health product with wide-ranging benefits including cardiovascular, antimicrobial, anti-inflammatory, and anti-cancer. One of its sulfur-compounds, allicin, has been shown to be effective against all types of pathogens including viruses, bacteria, and yeast. To ward off a cold, a bulb of garlic is

the best bang for your buck.

8. **BROWN RICE** Whole grains have a lot more fibre and nutrients than refined grains which is good for heart health and weight loss. In a recent Harvard medical School study, weight gain was inversely proportional to high-fibre whole grain foods. For a few dollars more, try quinoa instead, an ancient grain with more protein than rice.

9. **WATER** Where do I start? Our bodies are 60% water, and most nutrients move around our body via water. There are myriad benefits to drinking more water from increased energy to decreased heart disease risk. One study from Loma Linda University, published in the American Journal of Epidemiology (Vol. 155, No. 9) found that those people drinking 5 glasses of water or more per day were 50% less likely to die from a heart attack than those drinking less. Researchers said it was as important as diet, exercise and smoking cessation.

10. **CABBAGE** Cabbage is loaded with sulforaphane, a chemical that increases your body's production of enzymes that disarm cell-damaging free radicals and reduces your risk of cancer. Cabbage can be thrown into a crock with some salt and fermented into sour kraut, just in time for Oktoberfest. Sour kraut is packed with beneficial bacteria for a healthy gut and a healthy immune system

Some information taken from: World's healthiest foods www.whfoods.com.