



Fruit & Veggie Superpowers

FRUITS



BLUEBERRIES

Low in calories, blueberries are also packed with anthocyanins, powerful antioxidants that fight cell damage and reduce inflammation. Some research suggests that these berries bolster brain function, so eating them may help keep your memory sharp.



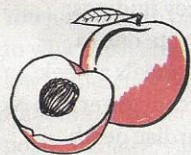
CHERRIES

One cup of cherries has just 87 calories and packs 306 mg of potassium—a blood-pressure-lowering mineral that about 98 percent of Americans don't get enough of. (The daily recommendation is 4,700 mg.)



RASPBERRIES

Like other berries, raspberries are rich in brain-boosting anthocyanins. But they have another big benefit: One cup contains 8 grams of fiber, a nutrient that aids digestion and may lower cholesterol, protect against diabetes, and reduce the risk of certain cancers.



PEACHES

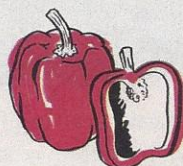
A medium peach provides more than 10 percent of your daily vitamin C and 285 mg of potassium. Its color comes from the antioxidants beta carotene and lutein. Some research suggests that the antioxidants in peaches may have cancer-fighting properties.



WATERMELON

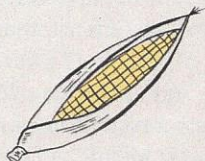
As its name suggests, this fruit is mostly water—91 percent—so it's hydrating. Plus it has vitamins A and C, B vitamins, and potassium, for just 46 calories per cup. It's one of the few sources of the antioxidant lycopene, which may protect against certain cancers and heart disease.

VEGGIES



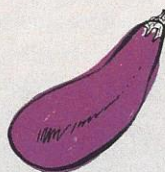
BELL PEPPERS

Chop up a cup of red bell peppers and you'll get more than twice as much vitamin C as you would in a mid-sized orange—plus plenty of beta carotene, folate, and fiber.



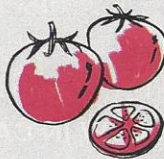
CORN

In addition to fiber, corn contains disease-fighting phytochemicals, as well as the minerals magnesium and potassium. A medium ear has fewer than 100 calories—just be mindful not to slather it in butter and salt.



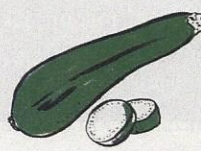
EGGPLANT

That rich purple color comes courtesy of anthocyanins, and eggplant supplies potassium, too. Tip: To keep it from soaking up oil (and extra calories) when you cook it, just spritz with olive oil spray before you grill, roast, or sauté.



TOMATOES

A small tomato has just 16 calories. Whether tomatoes are red or yellow, they pack a decent amount of vitamin C. But only the red variety contains the antioxidant lycopene.



ZUCCHINI

This favorite of low-carb dieters is not only low in calories but also high in potassium and manganese. Zucchini (and other summer squash) also supplies vitamin C and energy-boosting B vitamins.