

Protein

1. **Canned salmon** Get your Omega-3's for less. Salmon is full of these healthy fats, which help lower cholesterol and prevent heart attacks.

2. **Chicken breasts:** Easy-to-prepare, chicken is full of lean protein, which helps keep you fuller longer.

3. **Natural peanut butter:** Skip the sugary, processed varieties and spread the real stuff on whole-grain bread.

4. **Canned beans:** Bulk up soups and stews while getting protein and fiber.

5. **Eggs:** Not just for breakfast, eggs are among the easiest foods to cook. If you're watching your cholesterol, scramble one egg and two egg whites.

6. **Dried lentils:** Full of protein and fiber, lentils cook in just 15 minutes.

7. **Almonds** Get vitamin E, fiber and protein while satisfying a crunchy craving. Nuts are rich in an amino acid that could be linked to heart benefits.

Fruits

8. **Frozen fruit and berries:** Throw some in the blender with milk or yogurt for a healthy treat.

9. **Apples:** They might not keep the doctor away, but apples are actually full of antioxidants, which help slow the progression of age-related diseases.

10. **Bananas:** Snack on a potassium-rich banana to prevent cramps after a workout.

11. **Grapes:** Grapes--especially the dark purple ones--contain plenty of antioxidants that are known to help heart health.

**To your health! Anima Sana in Corpore Sano (a healthy mind in a healthy body)
Ruth Badraun, BRF Wellness, 727-687-2737 www.brfwellness.com**