

Foods to eat every day

Eat these foods every day to help bring healthy body to your body

Foods such as spinach, yogurt, tomatoes, carrots, blueberries, walnuts, black beans, oats, etc. will help you improve your health, strengthen bones, and be good for your heart. , against aging. You should eat these foods every day to help bring your body healthy.



Foods to eat every day
first

Spinach - Spinach



Spinach - Spinach

1. Enhance sexual ability, develop muscle, good for the heart, strengthen bones, help sharp eyes. This muscle-strengthening vegetable is a great source of Omega-3 and Folate, which reduce the risk of heart disease, stroke and osteoporosis.
2. Folate also increases blood flow to the penis, enhancing sexual performance. Spinach also contains Futein, a compound that prevents muscle aging.
3. Drink 1 cup of fresh spinach or half a cup of cooked spinach every day.
4. Other foods that can be substituted are kale, white cabbage, and cabbage.
5. Spinach is often used as a salad, mixed with eggs, as a pizza filling, mixed with Marinara sauce.

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Yogurt



Kefir yogurt

1. Fight cancer, strengthen bones, strengthen the immune system. Fermentation creates hundreds of millions of beneficial microorganisms for the body, boosting the immune system, and reducing the risk of cancer. It is recommended to take one cup per day.
2. Other foods that can be substituted are Kefir milk, soy yogurt.
3. Mix yogurt with blueberries, walnuts, flaxseeds, and honey for breakfast.
4. Low-fat yogurt can also make salad dressings.

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Tomato



Tomato juice

1. Anti-cancer, good for the heart, strengthens the immune system.
2. The red color indicates that it contains a lot of the antioxidant Lycopene.
3. Diets high in Lycopene reduce the risk of bladder, lung, prostate, skin, and stomach cancers, as well as reduce cardiovascular disease,
4. Other foods that can be substituted are cantaloupe, grapefruit, persimmons, papaya, guava.
5. Tomatoes can be used in tomato smoothies, sauces, soups, or tomato pates.

4

Carrot



Carrot cake

1. Carrots have anti-cancer effects, increase the immune system, and improve eyesight.
2. Red, yellow and orange fruits and vegetables are all rich in Carotenoids - compounds that prevent various types of cancer and reduce the risk of inflammatory diseases such as asthma and arthritis.
3. Drink half a cup of carrot smoothie every day.
4. Other foods that can be substituted are sweet potatoes, pumpkins, yellow peppers, and mangoes
5. Carrots are often used to make smoothies, eat raw or prepare dishes, carrot cake.

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Blueberry



Blueberry

1. Blueberries have the effect of stimulating the brain, fighting cancer, good for the heart, and strengthening the immune system.
2. Containing more antioxidants than other fruits, blueberries help prevent cancer, diabetes, and memory loss.
3. This fruit is also rich in fiber, vitamins A and C, which help strengthen the cardiovascular system.
4. Drink 1 cup fresh or half a cup of chilled or dried blueberries.
5. Other foods that can be substituted are purple grapes, prunes, raisins, strawberries.
6. Blueberries can be used to dry, chill or make jam.

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Black beans



Black beans

1. Black beans or black beans have the effect of helping to strengthen muscles, stimulate the brain, and good for the heart.
2. All types of beans are good for the heart, but black beans stimulate the brain better. That's because it's high in anthocyanins, antioxidant compounds that boost brain function.
3. Half a cup daily will provide 8g of Protein and 7.5g of fiber, low in calories and fat-free.
4. The food that can be substituted is peas, lentils, beans, chickpeas.
5. Black beans are often used to make tea and soup.

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Walnuts



Walnuts

1. has the effect of helping to strengthen muscles, stimulate the brain, fight cancer, good for the heart, and boost the immune system.
2. More Omega-3s than salmon, full of anti-inflammatory polyphenols than red wine, has half the amount of muscle-strengthening protein than chicken, full of essential nutrients.
3. It is recommended to eat about 7 fruits per day.
4. Alternative foods are almonds, peanuts, pistachios, hazelnuts.
5. Snails can be used to sprinkle on salads, grind and fill, make peanut butter, mix with oil to make a sauce for grilled fish or grilled chicken.

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Oat



Oat

1. Oats are used to help strengthen muscles, stimulate the brain, good for the heart.
2. There is a lot of soluble fiber, which reduces the risk of heart disease.
3. Although they are high in carbohydrates, they are offset by a lot of fiber, and because oats have 20g of protein per serving, they provide energy to help tone muscles.
4. Other foods that can be substituted are quinoa - Quinoa, flaxseeds, brown rice.
5. Oats can be processed into cereal products, salads, yogurts.

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