



## New Foods For A Healthy New You

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One of the hardest parts of getting healthy is choosing which foods to eat. Sure, you know about less of the fatty and sugary, more of the natural, leafy, and colorful. But the truth is eating healthy can get boring when your options are confined to the fruits and vegetable section.

Here are some foods that you should keep an eye out for the next time you go shopping for healthier options for your pantry:

### **Brown Rice**

You've heard that carbs are bad. That's not exactly true. Try switching your white carbs, the highly refined ones stripped of all the good fiber, to the whole grain kind. Brown rice is packed with nutrients and gives you a feeling of fullness faster. It's actually more flexible than white rice. You can make salads, puddings, even soups with it. For starters, how about using brown rice for [Pineapple Fried Rice](#) for a new healthy twist on the traditional recipe.

### **Quinoa**

This has been called the superfood of the future. The Incas discovered this ancient grain and it's been rediscovered by healthy eaters and gourmet cooks. Quinoa (pronounced keen-wa) has twice as much fiber as regular grains, plus it's packed with iron, magnesium, protein, and Vitamin B2. This grain looks light but it's surprisingly filling. Quinoa is great for salads — toss some red onions, black beans, and tomatoes in olive oil and balsamic vinegar for a delicious side dish. Or use it as your “ride” when you have barbecued food or baked fish.

### **Grapeseed Oil**

You've heard of olive oil being the better oil, whether for cooking or dressing. Grapeseed oil is another wonder oil that can be used for both. It has a higher flash point (meaning, it heats at a higher temperature than olive oil) and it's packed with antioxidants. Use it instead of regular cooking oil for frying or try replacing the olive oil ingredient in vegetable with vinaigrette dressing with grapeseed oil. Here's a great plus: you can use it on your skin as an anti-aging moisturizer too.

### **Pineapple**

Pineapples are not, by all means, a new discovery but it's important to stress just how much nutrients we can get from this amazing fruit! Consuming canned pineapples, according to a study conducted by Dr. Leonora Panlasigui, dean of PWU School of Nutrition, increases the production of granulocytes, which make up 60% of the body's white blood cells, and therefore increases the body's defense against infection. It's also a good source of Vitamin C, fiber, and calcium. So if you feel like having a snack, munch on some [Pineapple and Yogurt Ice Candy](#) or drink a refreshing [Pineapple Milkshake](#)!

There are a lot of new delicious foods to make you healthier. All you need to do is expand your grocery vocabulary, explore new supermarket aisles, and do a little surfing on the internet to discover food that are equally delicious and nutritious. Plus, don't think that you'll need all-new recipes. Simply take your favorite recipes, see what you can substitute, and enjoy the familiar with a hint of the new.

**Sources:**

<http://www.forbes.com/sites/juliewilcox/2012/06/26/7-benefits-of-quinoa-the-supergrain-of-the-future/>