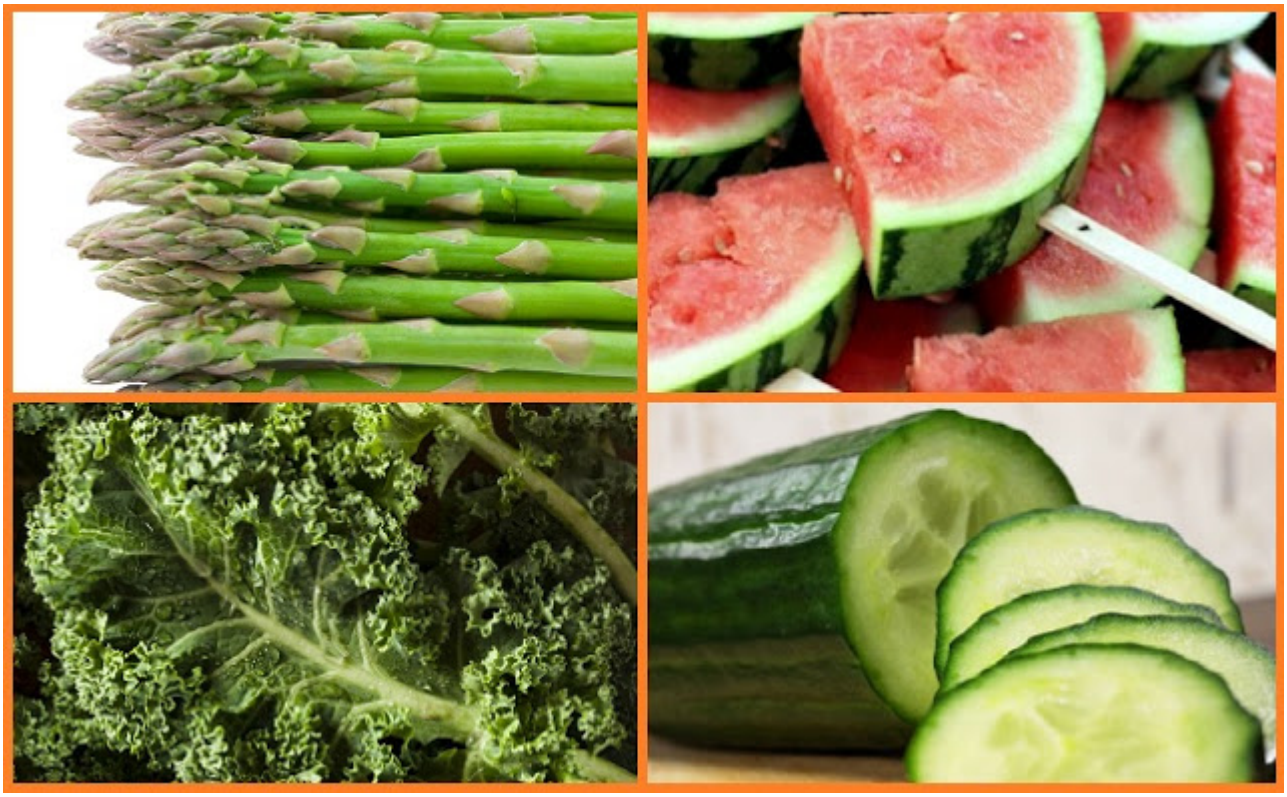
FRUITS & VEGGIES

10 Foods With Almost No Calories and a Lot of Nutrients

By bestfolkmedicine · 05/01/2019 · 4 min read



Nowadays, we hear a lot about the importance of eating healthy and enriching our diets with the good stuff. Healthy foods are pivotal for a good health because they contain important nutrients, including minerals, vitamins, and antioxidants.

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They help the body preserve its optimal health and avert diseases. To help you ease your transition to a healthier nutrition, in today's article we will present a list with the 10 foods that every health diet needs to contain.

And, remember that to adopt a healthy diet you need to gradually reduce the consumption of unhealthy foods, i.e. processed foods, junk food, GMOs, soda drinks, foods abundant in refined sugar, artificial sweeteners, and so on and to increase the consumption of healthy foods. Otherwise, you cannot start reaping the benefits of good health!

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The 10 Healthiest Foods You Need

According to Female Fit Body, these 10 foods are essential for people who want to lead a healthier diet:

- **Cucumbers**

This amazing green veggie will hydrate the whole body because it is abundant in water. And, it is pretty low on calories so you need not worry about weight gain. A 100-gram portion has only 16 calories. You can snack it on its own or combine it with some garlic and vinegar for a delicious salad. You can also combine it with other fruits and veggies for salads or add it to smoothies. The options are numerous.

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- **Onions**

With onions, there is no risk of weight gain as they have only 40 calories per 100 grams. On the other hand, they are rich in flavonoids which are pivotal for a good health. Onions also have the capacity to detoxify your body of toxins and are known to posses strong antibacterial and therapeutic characteristics. Combine it raw in salads, cook it with meals, or add it to DIY juices- your body will thank you.

- **Brussels sprouts**

A 100-gram portion of this amazing green veggie has only 43 calories. You will enjoy its specific and one-of-a-kind flavor that goes well with all kinds of foods. From roasting it with cauliflower to stir-frying it with scrambled eggs, there is nothing that you cannot try with Brussels sprouts. By eating them on a regular basis, you will boost your body's nutrient levels, help protect from cancer, and lower inflammation.

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- **Cauliflower**

Abundant in anti-inflammatory characteristics, this veggie is what you need for a good digestion and lower risk of heart-related issues. And, it is great for people who need to reduce their daily calorie intake as 100 grams of it have only 25 calories. On the other hand, it contains crucial nutrients for optimal health such as vitamins C, K, and B6, as well as folate, fiber, and potassium.

- **Broccoli**

Thanks to its abundance of fiber and plant protein, broccoli is the ideal green veggie for those that need a healthy boost and want to better their digestion. And, you need not worry about overstepping your daily amount of calories with it- this delicious veggie has only 34 calories per 100 grams.

- **Kale**

Today, we all need a bit more kale in our diets, for sure! Abundant in minerals, vitamins, protein, phytonutrients, and fiber, this amazing veggie goes great in salads, wrap or for preparing homemade chips.

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- **Asparagus**

This green veggie will boost your vitamins A, C, E, and K levels, folate, chromium, and fiber. Eating it on a regular basis helps lose weight, better the digestion, and decrease blood pressure. It is also good for pregnant women. 100 grams of asparagus have only 20 calories.

- **Zucchini**

This favorite summer veggie is good for the digestion, the blood sugar, and energy levels. Rich in nutrients and low on calories (only 17 calories per 100 grams), this veggie is versatile and should be a part of every healthy diet.

- **Carrots**

If you want to protect your eyesight and the health of your eyes, make sure you add this delicious vegetable to your daily diet. And, it can do so much more for your health, i.e. it is a natural diuretic, balances the blood sugar levels, and fights off inflammation. A 100-gram portion of carrots will

provide you with 41 calories.

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- **Celery**

Its health benefits stem from the abundance of enzymes and antioxidants. This green veggie will also supply you with important vitamins and minerals, including vitamins B6, C, and K, folate, and potassium. 100 grams of celery have only 16 calories.

Sources:

FEMALE FIT BODY

HEALTHY FOOD HOUSE

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