

Top Seven Healthiest Foods

Researchers at Tufts University in Boston have come up with a way to calculate the antioxidant properties of fruits and vegetables.

Antioxidants are believed to provide a protective effect against conditions such as heart disease and cancer by interfering with the damage caused by free radicals. Antioxidants are also believed to help retard the aging process.

The seven foods listed below provide additional individual benefits as well. Prunes, for example, are frequently used to relieve constipation, while spinach may be helpful in avoiding memory loss and staving off Alzheimer's.

Consumers are urged to not only eat the recommended five servings of fruits and vegetables each day, but to choose nutrient-rich sources such as these:

- Prunes
- Raisins
- Blueberries
- Blackberries
- Kale
- Strawberries
- Spinach

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