1-6. Fruits and Berries
Fruits and berries are among the world’s most popular health foods. This is not surprising, given that they taste incredible. Fruits are also very easy to incorporate into the diet, because they require little to no preparation.

1. Apples
The apple is high in fiber, vitamin C and numerous antioxidants. Apples are very fulfilling and perfect as snacks if you find yourself hungry between meals.

2. Avocados
Avocados are different than most fruits, because they are loaded with healthy fats instead of carbs. They are creamy, tasty and high in fiber, potassium and vitamin C.

3. Bananas
Bananas are among the world’s best sources of potassium. They are also high in vitamin B6 and fiber. Bananas are ridiculously convenient and portable.
4. Citrics (Oranges, grapefruits and lemons)
Oranges and lemons are well known for their vitamin C content. They are also high in fiber, antioxidants and taste incredible.

5. Grapes
The amount of polyphenols (antioxidants) contained help to reduce symptoms of stress and other long term health risks.

6. Berries (blueberries, red berries, raspberries, cranberries, cherries)
Blueberries are not only delicious, but also among the most powerful sources of antioxidants in the world. Strawberries are highly nutritious, and are low in both carbs and calories. They are loaded with vitamin C, fiber and manganese, and are arguably among the most delicious foods in existence.

Other Healthy Fruits
Kiwi, mango, melons, peaches, pears, pineapples and plums.
7-15: Vegetables
Calorie for calorie, vegetables are among the world’s most concentrated sources of nutrients. There is a wide variety available, and it is best to eat many different types of vegetables every day.

7. Spinach
Spinach is a rich source of Omega-3, antioxidants and folate. It has vitamins A,C,K, B6 and contains magnesium, potassium, calcium, zinc, iron and niacin.

8. Bell Peppers
Bell peppers come in several colors, including red, yellow and green. They are crunchy and taste very sweet, and are a great source of antioxidants and vitamin C.

9. Broccoli
Broccoli is a cruciferous vegetable that tastes great both raw and cooked. It is an excellent source of fiber, iron, copper, potassium, vitamins K, B6, E and C, and contains a decent amount of protein compared to other vegetables.
10. Carrots
The carrot is a popular root vegetable. It is extremely tasty and crunchy, and loaded with nutrients like fiber and vitamin K. Carrots are also very high in carotene antioxidants, which have numerous benefits.

11. Cauliflower
Cauliflower is a very versatile cruciferous vegetable plenty of Vitamin C. It can be used to make all sorts of healthy recipes, and also tastes pretty good on its own.

12. Cucumber
The cucumber is one of the world’s most popular vegetables. It is very low in both carbs and calories, and consists mostly of water. However, it does contain a number of nutrients in small amounts, including vitamin K.

13. Garlic
Garlic is incredibly healthy. It contains allicin, a bioactive compound with powerful biological effects, including improved immune function.
14. Kale
Kale has been very popular in recent years, for good reason. It is incredibly high in vitamin K, vitamin C, fiber and a number of other nutrients. It is perfect to add a satisfying crunch to salads and recipes.

15. Swiss chard
Swiss chard is one of the best sources of alkali in nature.

More Healthy Vegetables
Asparagus, Red Tomatoes, Artichokes, Brussels sprouts, cabbage, celery, eggplant, leeks, lettuce, mushrooms, radishes, squash, onions, turnips, zucchini.

16-19: Fish and Seafood
Fish and other seafoods tend to be very healthy and nutritious. They are especially rich in omega-3 fatty acids and iodine, two nutrients that most people don’t get enough of. Studies show that people who eat the most foods from the sea (especially fish) tend to live longer and have a lower risk of many diseases, including heart disease, dementia and depression.

16. Salmon (or trout)
Salmon is a type of oily fish that is incredibly popular due to its excellent taste and high amount of nutrients, including protein and Omega-3 fatty acids. It also contains some vitamin D.
17. Sardines
Sardines are small, oily fish that are among the most nutritious foods you can eat. They contain hefty amounts of the majority of nutrients required by the human body.

18. Shellfish and shrimps
Shellfish isn’t eaten very often, which is a shame because it contains more nutrients than almost every other food. It ranks similar to organ meats when it comes to nutrient density. Edible shellfish includes clams, mollusks and oysters. Shrimp tends to be low in fat and calories, but high in protein. It is also loaded with various other nutrients, including selenium and vitamin B12.

19. Tuna (blue fish)
Tuna is very popular and tends to be low in fat and calories, but high in protein. It is perfect people who need to add more protein to their diets, while keeping calories low.
20-23. Eggs and Meats

20. Eggs are among the most nutritious foods on the planet. They were previously demonized for being high in cholesterol, but new studies have shown that they are perfectly safe and healthy.

21. Chicken Breasts
Chicken breast is low in fat and calories, but extremely high in protein. It is a great source of many nutrients. Again, feel free to eat fattier cuts of chicken if you’re not eating that many carbs.

22. Lean Beef
Lean beef is among the best sources of protein in existence, and loaded with highly bioavailable iron. Choosing the fatty cuts is fine if you’re on a low carb diet. Unprocessed, gently cooked meat is one of the healthiest and most nutritious foods you can eat.
23. Lamb  
Lambs are usually grass-fed, and their meat tends to be high in Omega-3 fatty acids.

24-25: Fats and Oils  
The “war” on fat is lost, and many fats and oils have been making a comeback as health foods.

24. Extra virgin olive oil  
Extra virgin olive oil is the healthiest fat on earth. It contains heart-healthy monounsaturated fats, and is very high in antioxidants and Vitamin E with powerful health benefits.

25. Coconut Oil  
Coconut oil is loaded with powerful fatty acids called medium chain triglycerides. Coconut oil may have benefits for Alzheimer’s disease, and has been shown to help you lose belly fat.
26-29: Nuts and Seeds
Despite being high in fat and calories, studies suggest that nuts and seeds can help you lose weight. These foods are crunchy, fulfilling and loaded with important nutrients that many people don’t get enough of, including magnesium and vitamin E. They also require zero preparation, which is important because it makes it easier to incorporate them into the diet.

26. Almonds
The almond is a popular type of nut. It is loaded with vitamin E, antioxidants, magnesium and fiber. Studies show that almonds can help you lose weight, and provide impressive benefits for metabolic health.

27. Chia Seeds
Chia seeds are among the most nutrient dense foods on the planet. A single ounce (28 grams) contains 11 grams of fiber, and a large part of the recommended intake for magnesium, manganese, calcium and various other nutrients.

28. Macadamia Nuts
Macadamia nuts are very tasty. They are much higher in monounsaturated fats, and lower in Omega-6 fatty acids, than most other nuts.
29. Walnuts
Walnuts are highly nutritious and loaded with fiber and all sorts of vitamins and minerals.

30. Yogurt
Yogurt is made from milk that is fermented by adding live bacteria to it. It has many of the same health effects as milk, except with the added benefits of the friendly probiotic bacteria.

31. Dark Chocolate
Not only is dark chocolate the most delicious food on this list, but it may also be the healthiest. Dark chocolate is loaded with fiber and magnesium, and is one of the most powerful sources of antioxidants in existence.
32-33: Grains
Grains have gotten a bad rap in recent years, mainly due to them being a forbidden food on the wildly popular paleo diet. However, it is a mistake to lump all grains together. There are many different types of grains, and some of them are very healthy. Just keep in mind that they are still pretty high in carbs, so they are not recommended on a low carb diet.

32. Brown Rice
Rice is one of the oldest cereal grains, and is currently a staple food for more than half of people in the world. Brown (whole grain) rice is fairly nutritious, with a decent amount of fiber, vitamin B1 and magnesium.

33. Quinoa
Quinoa has become incredibly popular among health conscious individuals in recent years. It is a tasty grain that is high in nutrients like fiber, riboflavin, lysine, iron and magnesium. It is also an excellent source of plant-based protein.

34-35: Legumes
Legumes are another food group that has been unfairly demonized in recent years. It is true that legumes contain anti-nutrients, substances that can interfere with digestion and absorption of nutrients. However, these anti-nutrients can be eliminated by soaking and properly preparing the legumes before eating them. What we’re left with is an incredibly cheap source of quality nutrition, including a great plant-based source of protein.
34. Lentils
Lentils are high in fiber and are among the best sources of plant-based protein. Lentils also taste delicious, and have a very satisfying texture.

35. Green (string), Black and kidney beans
Beans are loaded with various vitamins and minerals, and are very high in fiber. Just make sure to cook them properly, because they are toxic when raw.