

The following is a list of foods that are not only tasty, but also provide disease fighting substances for our bodies every day. The best source of vitamins and minerals is not from a multi-vitamin, but from whole food sources. So, before your next trip to the grocery store, add the following foods to your must-buy list.

Add to your cart: Almonds

You should eat a small handful of almonds and walnuts at least three to five times per week. Nuts, especially almonds, are an excellent source of omega-3s and vitamin E- an antioxidant that many fall short on because there are so few good food sources of it. Studies have shown that eating nuts several times per week lowers circulating cholesterol levels, particularly the artery-clogging LDL type, decreasing your risk for heart disease.

Add to your cart: Eggs

One egg fulfills about 10 percent of your daily protein needs. Egg protein is the most complete food protein and contains all the crucial amino acids your hard-working muscles need to promote recovery. Don't worry too much about the cholesterol: Studies have shown that egg eaters have a lower risk for heart disease than those who avoid eggs.

Add to your cart: Sweet potatoes

. Just a single 100-calorie sweet potato supplies over 250 percent of the DV for vitamin A in the form of beta-carotene, the powerful antioxidant. Sweet potatoes are also a good source of vitamin C, potassium, iron, and the two trace minerals manganese and copper.

Add to your cart: Whole-Grain Cereal with Protein

Look for whole-grain cereals that offer at least five grams of fiber and at least eight grams of protein. For example, one cup of Kashi GoLean cereal, which is made from seven different whole grains, including triticale, rye, and buckwheat, fills you up with a hefty 10 grams of fiber (that's 40 percent of the DV) and is loaded with heart-healthy phytonutrients

Add to your cart: Oranges

Oranges supply over 100 percent of the DV for the antioxidant vitamin C This fruit's antioxidant powers also come from the compound herperidin found in the thin orange-colored layer of the fruit's skin (the zest). Herperidin has been shown to help lower cholesterol levels and high blood pressure as well.

Add to your cart: Beans

One cup of these beauties provides 30 percent of the DV for protein, almost 60 percent of the DV for fiber (much of it as the cholesterol-lowering soluble type), and 60 percent of the DV for folate, a B vitamin that plays a key role in heart health and circulation.

Add to your cart: Mixed Salad Greens

Rather than selecting one type of lettuce for your salad, choose mixed greens, which typically offer five or more colorful delicate greens such as radicchio, butter leaf, curly endive, and mache. Each variety offers a unique blend of phytonutrients that research suggests may fend off age-related diseases, such as Alzheimer's, cancer, heart disease, and diabetes.

Add to your cart: Salmon

Nutrition-wise, salmon is the king of fish. Besides being an excellent source of high-quality protein (you get about 30 grams in a four-ounce serving), salmon is one of the best food sources of omega-3 fats.

These essential fats help balance the body's inflammation response, a bodily function that when disturbed appears to be linked to many diseases including asthma.

Add to your cart: Whole-Grain Bread

Whole-grain eaters also have a 38 percent lower risk of suffering from metabolic syndrome, which is characterized by belly fat, low levels of the good cholesterol, and high blood sugar levels. All this raises the risk for heart disease and cancer.

Add to your cart: Mixture of Fresh or Frozen Stir-fry Vegetables

Research shows that eating a combination of antioxidants, such as beta-carotene and vitamin C from food sources, may reduce the inflammation caused by free-radical damage. Most ready-to-use stir-fry veggie combos offer a potent mix of antioxidants by including red and yellow peppers, onions, bok choy, and soy beans. And frozen vegetable mixes save lots of prepping time but still provide the same nutrition as their fresh counterparts.

Add to your cart: Avocados

Avocados contain heart-healthy monounsaturated fats. These fats help to lower "Bad" LDL cholesterol and protect against various cancers. They are also packed with heart-protective compounds such as soluble fiber, vitamin E, folate, and potassium. Avocados are often called the "perfect" food.

Add to your cart: Chicken

Just one four-ounce serving of chicken can supply about half of your daily protein needs. Along with protein, chicken contains selenium, a trace element that helps protect muscles from the free-radical damage that can occur during exercise, and niacin, a B vitamin that helps regulate fat burning exercise. New studies also suggest that people who get ample niacin in their diet have a 70 percent lower risk of developing Alzheimer's disease.

Add to your cart: Fresh or Frozen Mixed Berries

The colorful compounds that make blueberries blue, blackberries deep purple, and raspberries a rich shade of red are called anthocyanins--a powerful group of antioxidants that may help stave off Alzheimer's disease and some cancers. Not bad for a fruit group that contains a mere 60 calories or so per cup. And remember: Frozen berries are just as nutritious as fresh ones, but they keep far longer (up to nine months in the freezer), making it easier to always have them ready to eat.

Add to your cart: Flax seed

Flaxseed is famous for its omega-3's, but it is also an excellent source of lignans that may help fight some types of cancer. Add a tablespoon or two to cereal, soups, fresh fruit smoothies, or baking. Be sure to ground the flaxseed to release all of its nutrients.

Add to your cart: Whole-grain Pasta

Whole-grain versions are a must over refined pastas because they contain more fiber to fill you up, additional B vitamins that are crucial to energy metabolism, and disease-fighting compounds.