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TOP 10 HEALTHY SNACK FOR A HEALTHY DIET

A HEALTHY DIET IS VERY NECESSARY

Health is always an issue in this world. Recent studies show that almost [3 – 4 percent of people are healthy](#) in this world. The reason behind this is that people don't focus on healthy things such as exercise, healthy diet, etc. as a matter of fact, they keep eating unhealthy foods, don't work out, and many more. They require high protein snacks, healthy snacks, low calorie snacks as well as a healthy diet. In this blog, we will discuss the top 10 healthy foods that will make you healthy again.

There are 2 conditions for unhealthiness, the first one is that the person was born unhealthy or with some disease. The other condition is that the person was born healthy but he didn't care about his health and ate junk foods. Do you know that it can cause many diseases such as AIDS, Hepatitis, Diabetes and many more? Below are the top 10 high protein snacks or you can even call it a list of a healthy diet.

SALMON



In case if you are looking for low calorie snacks then we present to you, Salmon. Salmon is included in high protein snacks. The reason why salmon is in a healthy diet is because of the fatty acids. These fatty acids will boost your heart health by regulating heart rhythms. In addition,

Salmon also has B vitamins and contains the antioxidant astaxanthin. It also prevents the risk of heart disease.

Salmon will also help you fit up. In other words, salmon is one of the low calorie snacks so you can burn easily.

BLUEBERRIES



Do you know why blueberries made up on the healthy diet list? Because it is one of the best fruits that you should intake. The reason is not only that they protect your blood cholesterol but they are king of antioxidant food. Blueberries make your immune system stronger and keep connections between your brain cells. Don't worry about the calories, you can call it one of the low calorie snacks, it just has 41 calories per half-cup. Doctors recommend blueberries for high blood pressure patients because it normalizes blood pressure.

OATMEAL



Oatmeal is the king of all breakfast. It is one of the high protein snacks or you can say a source of protein. Moreover, this healthy snack helps in stress-fighting as well as immunity-boosting. Oatmeal contains high levels of soluble fiber. In other words, it can guard your heart as well as arteries by capturing and throwing cholesterol. If you want to lose your excess weight then you should have oatmeal as your breakfast every day.

TOMATO



Tomatoes are also known as love apples. It provides a high amount of energy. Not to forget that tomatoes contain a very powerful antioxidant which is called lycopene. It comes from the pigment which makes the tomato color red. [Researches show that men who ate tomatoes are less likely to have prostate problems.](#) Furthermore, tomatoes prevent risk of cancer and heart disease. Do remember that tomatoes provide is more nutritious when eaten raw.

BROCCOLI



We know that most people don't like broccoli but after reading this, your mind might change. Broccoli is one of the high protein snacks which is filled with iron, calcium, potassium, vitamin C and K and fiber. In other words, broccoli is good for the bones, fighting colds, healing wounds and circulatory. "As far as vegetables go, this is the one I try hardest to get more guys to eat," says [Niki Kubiak, R.D., a private practice nutritionist in Omaha, Neb.](#)

SPINACH



You must have seen "Poppy the Sailor Man" cartoon in your childhood. He was a sailor man who uses spinach as a healthy snack and encourages children to eat spinach. You can't end a healthy diet without these leafy greens filled with calcium, fiber, and protein. As a matter of fact, it helps your immune system health and improves your eyesight. Spinach also reduces blood pressure levels as well as oxidative stress.

YOGURT



You can have yogurt as a healthy snack. Not only it will provide all the benefits of milk but it will also boost the bacteria which fights germs in your intestinal wall. [Researches show that people who eat yogurt are less likely to suffer from cold.](#) If you are suffering from diabetes then make first check out the yogurt ingredients because in some yogurts contain sugar as well as high-fructose corn syrup.

ALMONDS



Out of all low calorie snacks, almond is the best choice so far. The reason behind why almond is the best choice is because of vitamin E, protein and fiber. They are good for your skin, heart and digestive system. Furthermore, they also contain healthy unsaturated fats and they will not increase your weight. [Professor Gary Fraser \(teaches medicine at Loma Linda University in California\)](#) states "Since nuts are such a hard food, it appears that a significant amount of their calories are never absorbed into the body."

BANANAS



In case you are looking for a fruit that provides energy then the answer is banana. The reason is that it is soft to chew, contains nutrients, and compact as well. Do you know that the peel of banana contains nutrients as well? Taiwanese nutritionists discovered that the peel of banana contains potassium, mood-boosting serotonin as well as eye-protecting lutein too. Banana also improves the digestive system as well as supports heart health.

BEEF



Do you know why beef is in the healthy snacks list? Because it is the source of amino acids. Moreover, it is also a big source of zinc and iron. You should add beef in your healthy diet because it is enriched with nutrients. Just 3 ounce provides more than 10% of your daily recommended nutrient (including B6 and B12, riboflavin, selenium, protein, niacin, and phosphorus). Are you afraid of the fats? If we look at USDA data, [today's beef is up to 20% leaner than it was in the past.](#)

CONCLUSION

There are many healthy foods in this world such as wheat, bread, dried fruits and many more. These foods will not only keep you healthy but it will also keep you fit. Have you heard this phrase, "An apple a day keeps the doctor away"? This shows the significance of apple. In other words, these foods will keep you healthy that you won't need to visit a doctor. Remember, eat fresh and stay healthy.