Powerhouse Foods

By “Powerhouse Foods” we mean foods that are jam-packed with vitamins and minerals! These exceptionally nutritious foods are easy to find in the campus dining halls each day. Remember to eat a wide variety of foods to ensure that your diet is balanced.

- **Tomatoes/Tomato Products**: Cooked tomato products such as ketchup and marinara sauce contain large amounts of lycopene, a powerful antioxidant found to lower risk for prostate cancer and digestive cancers. Raw tomatoes are loaded with vitamin C.
- **Spinach and Other Greens**: Spinach is a rich source of iron and folate, a B-vitamin that protects against heart disease (and neural tube defects in infants). It also contains two phytochemicals, lutein and zeaxanthin, which seem to help ward off macular degeneration, a leading cause of blindness.
- **Oatmeal**: Oats are loaded with a type of soluble fiber known to help eliminate cholesterol from the body. Antioxidants called tocotrienols also reside there. A breakfast of oats is not only tasty, but the protein and fiber leave you feeling satisfied.
- **Broccoli**: Broccoli is bursting with healthy phytochemicals that have cancer protective powers. Other cruciferous vegetables (cabbage, Brussels sprouts, bok choy and cauliflower) have also been linked to a reduced risk for breast, colon and stomach cancers. So eat this stuff up—to the tune of at least 5 half cup servings per day.
- **Bananas**: Packed with vitamin B-6, magnesium and potassium, bananas are virtual nutrition powerhouses. Potassium helps to regulate blood pressure, thereby reducing the risk for stroke. Bananas are truly one of nature’s greatest snack foods.
- **Dairy or Soy Milk**: One 8 ounce glass of milk or calcium enriched soy milk provides 30% of our daily needs for this important mineral. Vitamin D is added, to help with calcium absorption. High in protein, skim and enriched soy milk also provide significant amounts of vitamin A, B-12 and riboflavin. Sweetened fruit flavored drinks just can’t compete with the nutrient profile of dairy or soy milk.
- **Beans/Legumes**: Served either hot as an entrée or a side dish, or cold as a salad addition, beans are bursting with nutritional impact. A one half cup serving of beans provides as much protein as one ounce of meat. In addition, the beans are high in fiber, including significant amounts of soluble fiber, which has been shown
to help lower unhealthy blood cholesterol levels. Packed with B vitamins and several minerals, beans are always a good choice. Learn to enjoy a variety of beans including kidney beans, black eyed peas, black beans, chick peas (garbanzo beans), etc.

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