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# **The 29 Healthiest Foods on the Planet | Belly Bytes**

a "healthy food hot list" consisting of the 29 food that will give you the biggest nutritional bang for you caloric buck, as well as decrease your risk for deadly illnesses like cancer, diabetes and heart disease. Along with each description is a suggestion as to how to incorporate these power-foods into your diet

This is a really great list of fruits and vegetables that are really good for you. The list is broke down by sections for fruits, vegetables, grains, and sea food. Each item is numbered, but it does not appear to be a ranking of any sorts – I think it is just to keep track that there really are 29 foods as the title implies.

What I like about this list is that there are good points listed for each food. I don't necessarily agree that every food on the list belongs on a list of healthiest foods, but since there are reasons listed for each food, you can see why the author thinks a food is good.

Click the link below to go to the article and see if you agree that these are truly the world's healthiest foods.

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