10 Best Foods For Kids

10. Optimal Oatmeal
A fabulous breakfast food, full of B vitamins, iron, zinc and calcium. Oatmeal offers quick energy for busy kids.

9. Egg ‘em On:
Eggs are a great source of protein and a host of other nutrients, including the B vitamins, vitamin E, and zinc to name a few.

8. Nuttin’ Better
Nut butters are great fast foods for kids. Kids need the fat (it’s a good fat if it doesn't have hydrogenated oils mixed in it) and they need the protein. And while peanuts can be problematic and even life threatening to allergic kids, other nut butters may be okay (but definitely check with your doctor first).

7. Culture Club
Kick your child’s milk consumption up a notch and include yogurt on the menu. A great source of calcium, yogurt is easier to digest than regular milk and the cultures (check the label to make sure they’re in there!) are very beneficial to good colon health... especially if your child has been on antibiotics.

6. Mmmm, Mmmm Melons!
Vitamin C, beta-carotene, bits and pieces of B vitamins and trace minerals and calcium fill every juicy bite.

5. Tree Cheers!
Broccoli is one of the best vegetables for anyone, especially growing kids due to its calcium content and a whole host of other nutrients, such as potassium, beta-carotene, and B vitamins.

4. Terrific Tubers
Sweet potatoes contain 30mg beta-carotene per cup. And with 3 grams of fiber per serving, sweet potatoes deserve a place at the table.

3. Protein Power
Growing kids need protein to keep growing. Good choices include legumes, beans (combined with a grain to make a complete protein), soy products like tofu, or meat, fish or poultry.

2. The Whole Truth
The best nutrition is found in the whole grain. Brown rice and whole wheat bread are a quantum leap over their white counterparts and offer necessary fiber, minerals and vitamins.

1. OJ is OK
Orange juice is full of vitamin C, vitamin E, potassium, folate and zinc. You can buy calcium-fortified orange juice too!
10 Best Foods For Men

10. You Say Tomato...
Lycopene, the antioxidant plentiful in tomatoes, is especially good in the prevention of prostate cancer. Even better doses of lycopene are found in cooked tomatoes, such as tomato sauce. More lycopene equals more protection.

9. Get Into The Swim of Seafood!
Seafood is high in protein and zinc. Zinc is important for immune function and (once again) prostate health. Research shows that if a man lives long enough, chances are he will develop prostate cancer.

8. Bring on the Broccoli!
For men, broccoli is very helpful in the prevention of heart disease and cancer, the number one and number two killers for men over 35 years of age.

7. There's Something Fishy Here!
It may not sport a manly color, but that lovely pink salmon is filled to overflow with omega 3 fatty acids. Those fatty acids are effective in lowering the risk for prostate cancer. It’s also helpful for heart health, too.

6. A Breath of Fresh Air!
According to a study in Penn State’s College of Health and Human Development, deodorized garlic capsules help bring down blood cholesterol levels of men. The guys' cholesterol levels dropped 7 percent over 5 months, but remained unchanged in men downing placebos. But instead of swallowing pills, why not eat garlic in the food you love.

5. Sow Your Oats!
Consider that it's full of fiber, chock full of B vitamins (for stress) and lots of zinc for the prostate

4. Rice is Nice!
But don't chow down on just any style rice -- make it brown rice. Not only is it high in fiber, but it also has a good sampling of B vitamins, magnesium, potassium and zinc: all the stuff guys need.

3. Toss the Greens!
This is the stuff you loved to hate as a kid, but gotta eat as an adult. The experts say a whopping 35 percent of cancer deaths may be attributed to diet. Dark, leafy greens are nutrient rich foods that are just packed with nutrition: beta-carotene, vitamin E, vitamin C, and important minerals such as calcium, magnesium and potassium.

2. Go Nuts for Fruit... and Nuts!
Eaten raw, nuts are a great source of vitamin E and adequate vitamin E helps with heart health. Nuts are also filling and satisfying. Try a little raw almond butter a piece of whole wheat bread with a half a banana sliced up on top. It's delicious! Bananas are a great portable fruit for everyone, men included, and they're a wonderful source for potassium, also important for heart health.

1. Take Water, Water Everywhere!
It is estimated that as many as three out of four of Americans are dehydrated! Water may not contain nutrition, but it is considered a nutrient because of the powerful effect it has on the body and bodily function.
10 Best Foods For Women

10. Bean There, Done That
Beans should be included in everyone's diet -- they're nutritious, low in fat and inexpensive. There's over 5 grams of fiber in one half-cup serving -- that's a whopping fourth of your daily allowance. A fiber-rich diet is one of the first components to colon cancer prevention.

9. Kale to the Chief
Kale is an often-overlooked vegetable that is positively loaded with folate, an important B vitamin for women. Having a deficiency in folic acid during pregnancy may cause neural-tube defects in babies. The Centers for Disease Control and Prevention (CDC) and the Food and Drug Administration (FDA) recommend that women take in 400 micrograms of folate daily.

8. Beta Sight
Those orange squashes (and tubers) like pumpkin, butternut squash and sweet potatoes are a gal's best friend. Beta-carotene, a precursor to vitamin A, is just screaming to get out and work its antioxidant magic on your body. Beta-carotene is thought to help reduce the risk of breast cancer and is responsible for helping your body repair your skin.

7. Just the Flax, Ma'am
Flax seeds and flax seed oil have so much to offer women. For starters, flax is full of Omega 3 fatty acids which may help protect a woman from heart disease (the leading cause of premature death among women) and the pain of arthritis.

6. Iron It Out
Women need to eat more iron-rich foods. Getting iron from food sources (as opposed to a supplement) is a better way to get the iron needed because the form of iron contained in food is much easier to absorb than in pill form. Lean red meats and dark poultry, as well as lentils, are a few of the best sources for iron.

5. Oh Boy, It's Soy!
Phytoestrogen-rich soybeans can help a woman significantly lower her bad cholesterol (LDL) and raise the good (HDL) cholesterol. Tofu is a great way to get soy protein.

4. Water, Water Everywhere
Water may be one of the best tools in the weight loss game. It suppresses the appetite and helps your body metabolize stored fat!

3. Broccoli Power!
Broccoli is a fabulous source of calcium and contains other important nutrients like potassium and a good smattering of B vitamins, too.

2. Chalk up the Calcium
The RDA is 800 milligrams a day, but some experts say that isn't enough and it should be more like 1,200 to 1,500 milligrams a day. When you take into consideration the epidemic of osteoporosis among older women, it might not be a bad idea to up your dairy product intake.

1. Something's Fishy Here!
Salmon is also high in protein, low in cholesterol and contains quite a few B vitamins, calcium, zinc, iron and magnesium.