

The 50 (New) Healthiest Foods of All Time—With Recipes

We already brought you a list of the 50 Healthiest Foods of All Time. Now, we've gathered another 50, chosen by TIME editors and registered dietitian Alicia Romano from Tufts Medical Center.



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|---|---|
| ☐ 1. Harissa | ☐ 2. Goat Cheese |
| ☐ 3. Popcorn | ☐ 4. Coconut |
| ☐ 5. Grass-Fed Beef | ☐ 6. Ghee |
| ☐ 7. Canned Salmon | ☐ 8. Spirulina |
| ☐ 9. Lemon | ☐ 10. Tofu |
| ☐ 11. Dandelion Greens | ☐ 12. Purple Potatoes |
| ☐ 13. Nutritional Yeast | ☐ 14. Oysters |
| ☐ 15. Mango | ☐ 16. Strawberries |
| ☐ 17. Blackberries | ☐ 18. Artichokes |
| ☐ 19. Sauerkraut | ☐ 20. Spaghetti Squash |
| ☐ 21. Apples | ☐ 22. Wild Caught Cod |
| ☐ 23. Rhubarb | ☐ 24. Beet Greens |
| ☐ 25. Purple Cauliflower | ☐ 26. Endive |
| ☐ 27. Snap Peas | ☐ 28. Corn |
| ☐ 29. Pumpkin | ☐ 30. Kimchi |
| ☐ 31. Olives | ☐ 32. Asparagus |

- ☐ 33. Figs
- ☐ 35. Pork Tenderloin
- ☐ 37. Kombucha
- ☐ 39. Ginger Root
- ☐ 41. Basil
- ☐ 43. Spelt
- ☐ 45. Parsley
- ☐ 47. Mint
- ☐ 49. Raw Peanut Butter

- ☐ 34. Kohlrabi
- ☐ 36. Coffee
- ☐ 38. Buckwheat
- ☐ 40. Tahini
- ☐ 42. Pistachios
- ☐ 44. Sunflower Seeds
- ☐ 46. Chili Flakes
- ☐ 48. Carrots
- ☐ 50. Amaranth

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