

# Under-Rated Foods and Tips to Lead a Healthy Life

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## Abstract

Apart from the various healthy foods we take every day, there are certain foods that we often ignore. We have a major misconception regarding its nutritional content as well as its health effects. Foods such as egg yolks have healthy cholesterol (HDL) which implies it is good for your heart health. Whereas red bell pepper is an antioxidant powerhouse that helps in detoxification of your body as well as helps in losing weight. We will discuss them in brief as well as about other underrated foods which are good for your health.

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## Oysters

Oysters are rich in vitamin D, iron, omega-3 fatty acids, and zinc. The presence of zinc strengthens the immune system, which in turn promotes quick wound healing. Zinc plays a vital role in the overall growth of infants. Some more health benefits of oysters are as follows:

- Increase in sexual libido.
- Improves the functioning of the brain
- Strengthens bones
- Enhances metabolism
- Aids in weight loss

## Green beans

They are rich in vitamin K, vitamin C, fibers, calcium, iron, manganese, potassium, and copper. It is a low-calorie food with less sodium, less saturated fats, and less cholesterol. It aids in improving your heart health and blood flow across the body. It has other health benefits such as

- Bone strengthening
- Improves your eye vision
- Prevents the development of pre-cancerous polyps, which causes colon cancer

## Egg yolks

The significant misconception regarding egg yolk that, it is high in cholesterol and is not suitable for heart health. But, most of you don't know that it has good cholesterol (HDL), and it consists of

lecithin, which strengthens your blood vessels. It is also rich in vitamin D3 and B 12, whose deficiency is the plaguing problem all around the globe. Include this in your daily breakfast for better health benefits.

## Citric acid

It is naturally produced in citrus fruits. There are many citric acid health benefits. It is used in foods and beverages to promote tart and citrus taste. It acts as a preservative for foods. It also creates an environment where bacteria cannot breed. Also, the consumption of lemons, which are significant carriers of citric acid has numerous health benefits. It aids in digestion and is an important antioxidant which strengthens heart health and detoxifies your body.

## Coffee

Consumption of caffeine in mild amounts is good for your health. Caffeine is one of the good antioxidants which boost brainpower, immune system, gives temporary relief from migraines and headaches. Studies have shown that the majority of coffee drinkers are less prone to depression as it calms your nerves and enhances a sense of good feeling. It also stimulates the central nervous system of your body, which prevents any aggravation of depression.

## Red bell pepper

It has incredible health benefits and provides essential nutrition for our bodies. It is rich in vitamin C, which is a crucial nutrient to boost the immune system. It is also known as an antioxidant powerhouse, as it contains Vitamin C, vitamin A, Lycopene, and phytonutrients. Lycopene reduces the risks of developing various

chronic diseases. It also aids in weight loss, as it helps in burning calories naturally.

### **Yellow squash**

The health benefits of yellow squash involve improving bone strength, lowers harmful cholesterol, acts an active antioxidant, reduces blood pressure, strengthens your vision and boosts your immune system. It is rich in essential nutrients and vitamins such as vitamin C, vitamin A, zinc, calcium, manganese, and is rich in fibers.

### **Olives**

Although 80% of the calories in olives are derived from the fats, over three-quarters of that fat is oleic acid. Oleic acid is the

monosaturated fatty acid that lowers blood pressures and reduces the risk of heart disease. Olives are also rich in phytonutrients, which promote antioxidant and anti-inflammatory nutrients in the body. These nutrients benefit the central nervous system, respiratory system, musculoskeletal system, digestive system, and immune system. Apart from that, it protects you from stomach and breast cancers.

### **Butternut squash**

It has many health benefits such as skin protection, vision enhancement, cholesterol-lowering, aids in digestion, strengthens bones, and reduces blood pressure. It is rich in nutrients such as vitamin A, vitamin C, zinc, fibers, and potassium. Apart from the already mentioned, it also has critical antioxidants in it.