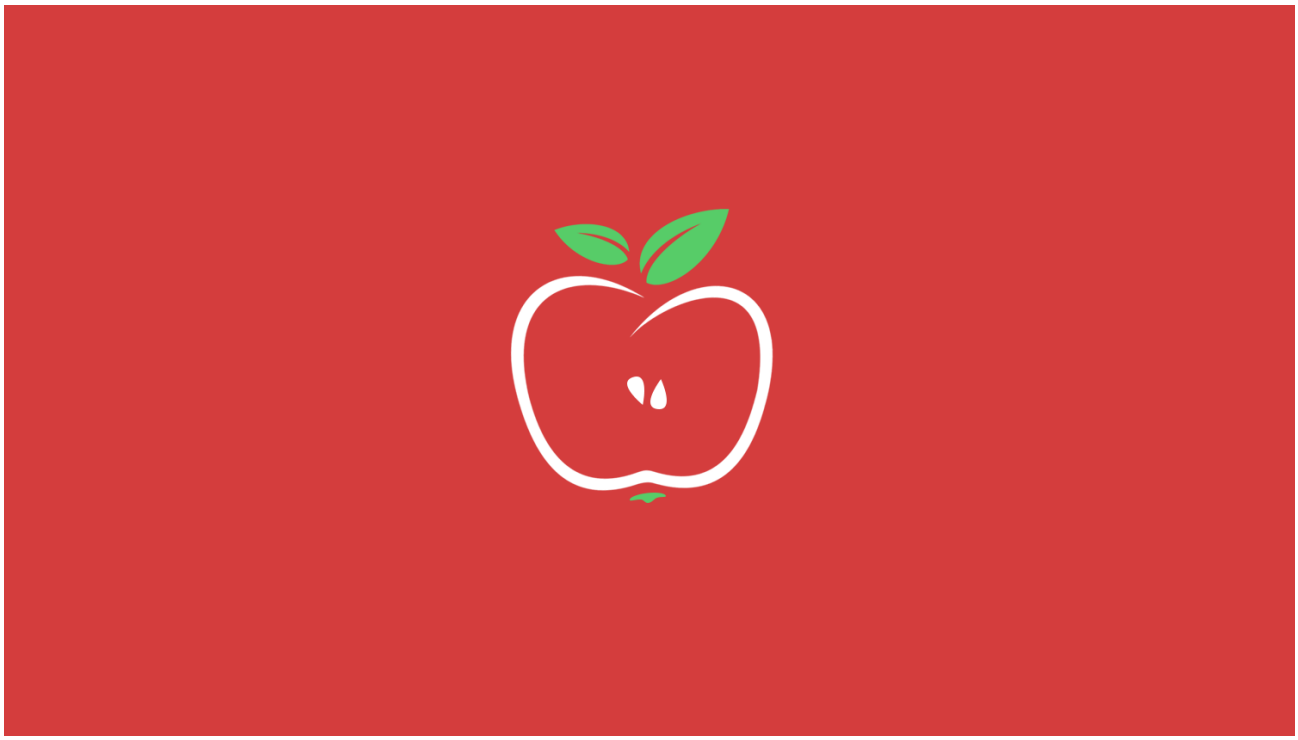
The 50 (New) Healthiest Foods of All Time—With Recipes

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.



- [ ] 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
- [ ] 34. Kohlrabi
- [ ] 35. Pork Tenderloin
- [ ] 36. Coffee
- [ ] 37. Kombucha
- [ ] 38. Buckwheat
- [ ] 39. Ginger Root
- [ ] 40. Tahini
- [ ] 41. Basil
- [ ] 42. Pistachios
- [ ] 43. Spelt
- [ ] 44. Sunflower Seeds
- [ ] 45. Parsley
- [ ] 46. Chili Flakes
- [ ] 47. Mint
- [ ] 48. Carrots
- [ ] 49. Raw Peanut Butter
- [ ] 50. Amaranth

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