

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.



- | | |
|---|---|
| <input type="checkbox"/> 1. Harissa | <input type="checkbox"/> 2. Goat Cheese |
| <input type="checkbox"/> 3. Popcorn | <input type="checkbox"/> 4. Coconut |
| <input type="checkbox"/> 5. Grass-Fed Beef | <input type="checkbox"/> 6. Ghee |
| <input type="checkbox"/> 7. Canned Salmon | <input type="checkbox"/> 8. Spirulina |
| <input type="checkbox"/> 9. Lemon | <input type="checkbox"/> 10. Tofu |
| <input type="checkbox"/> 11. Dandelion Greens | <input type="checkbox"/> 12. Purple Potatoes |
| <input type="checkbox"/> 13. Nutritional Yeast | <input type="checkbox"/> 14. Oysters |
| <input type="checkbox"/> 15. Mango | <input type="checkbox"/> 16. Strawberries |
| <input type="checkbox"/> 17. Blackberries | <input type="checkbox"/> 18. Artichokes |
| <input type="checkbox"/> 19. Sauerkraut | <input type="checkbox"/> 20. Spaghetti Squash |
| <input type="checkbox"/> 21. Apples | <input type="checkbox"/> 22. Wild Caught Cod |
| <input type="checkbox"/> 23. Rhubarb | <input type="checkbox"/> 24. Beet Greens |
| <input type="checkbox"/> 25. Purple Cauliflower | <input type="checkbox"/> 26. Endive |
| <input type="checkbox"/> 27. Snap Peas | <input type="checkbox"/> 28. Corn |
| <input type="checkbox"/> 29. Pumpkin | <input type="checkbox"/> 30. Kimchi |
| <input type="checkbox"/> 31. Olives | <input type="checkbox"/> 32. Asparagus |
| <input type="checkbox"/> 33. Figs | <input type="checkbox"/> 34. Kohlrabi |
| <input type="checkbox"/> 35. Pork Tenderloin | <input type="checkbox"/> 36. Coffee |
| <input type="checkbox"/> 37. Kombucha | <input type="checkbox"/> 38. Buckwheat |

- 39. Ginger Root
- 41. Basil
- 43. Spelt
- 45. Parsley
- 47. Mint
- 49. Raw Peanut Butter

- 40. Tahini
- 42. Pistachios
- 44. Sunflower Seeds
- 46. Chili Flakes
- 48. Carrots
- 50. Amaranth

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