

# Get the most from your healthy foods

Here are some tips to help make sure you're not missing the healthiest parts of these foods:

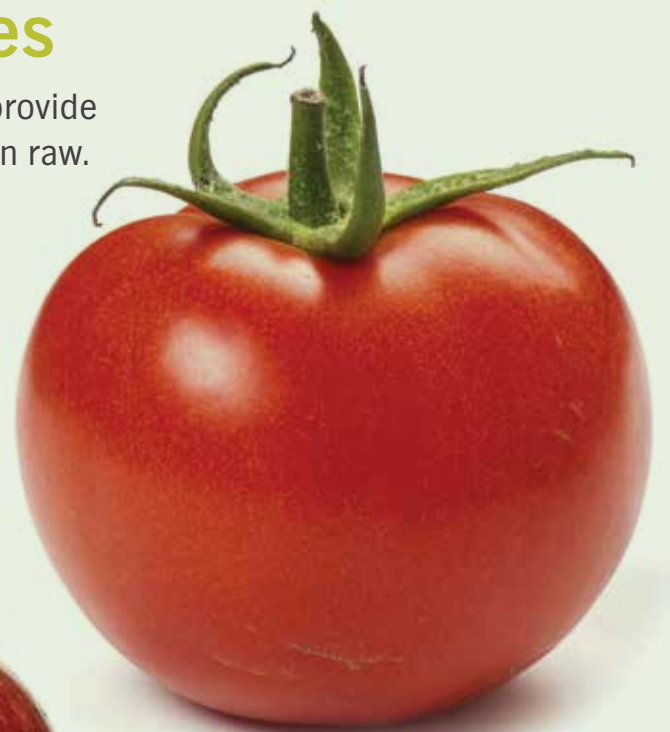


## Broccoli

The floret (top) has more nutrients than the stem.

## Tomatoes

Cooked tomatoes provide more lycopene than raw.



## Apples

Don't peel the apple – the skin contains healthy fiber.



## Potatoes

The potato skin is the most nutritious part of the potato.



## Almonds

Almonds with the skin on are healthier than the "slivered" kind.