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Next Time You Stop at the Store, Pick Up These Tasty, Nutrition-packed Foods, Physician Advises

It's the question we ask ourselves almost every day: What's for dinner?

Entwined in this daily dialogue is wondering whether we'll need to dash into the grocery store on the way home from work. The next time we make one of those supermarket pit stops, Dr. Eudene Harry, author of "Live Younger in 8 Simple Steps," (www.LivingHealthyLookingYounger.com), would like us to veer in a new direction.

"When people shop on the go, they tend to gravitate toward old standbys and foods they can multipurpose with – usually not the most nutritious choices possible. But by substituting a few items on your list, you can not only look and feel more youthful, you'll boost your resistance to certain cancers and other illnesses."

Some of the most nutrition-packed foods not only taste great, they're readily available at the grocery store and easy to prepare, Harry says.

"The more you eat, the more you'll crave them."

Here are five food combos for shoppers with healthy eating on their minds:

• Tomato, garlic, chicken and almonds: Tomatoes contain one of the world's most concentrated sources of cancer-fighting lycopene, which is best absorbed from tomatoes that are cooked. Garlic has been used for centuries for various health purposes and is a known free-radical destroyer. Nuts help to lose weight, maintain healthy blood pressure and support moods; almond crumbs are a great substitute for bread crumbs on chicken. Pair these goodies with whole wheat couscous for a full dinner.

• Pomegranate-Balsamic tempeh: With its high protein, fiber and isoflavones content, and

meaty texture, tempeh is heavily utilized by vegetarians. It's made from soybeans processed in a manner similar to cheese making. Like tofu, tempeh takes on the flavors with which it is cooked or marinated, including zesty-tangy balsamic vinegar – perfect for accentuating salads.

• Mashed cauliflower gone Greek: Not only does the "original" yogurt have a thicker texture and richer taste, it's also denser in lactobacilli, the healthy bacteria that may delay the onset of cancer. And yogurt is low in fat and high in protein, which is essential for many body functions, including building and repairing muscle tissue, organs, bones and connective tissue. Rather than add fatty, cholesterol-filled butter and sour cream to starchy potatoes that stick to your ribs, why not pair two healthy options with mashed cauliflower with Greek yogurt and fresh black pepper for simple goodness?

• Sushi – wild salmon, minced cucumbers, shredded carrots, kelp, sesame seeds and rice: A sushi roll is much more filling and satisfying than a non-sushi eater would think. Many grocery chains offer ready-made rolls, but they are also fairly easy to make. A bamboo roller is a great start; place a sheet of nutrient-dense kelp as the first thing on the roller, and add, lengthwise, desired ingredients. Your first try is not likely to be perfect, but the tasty and healthy ingredients will be there.

• Fruit salad for dessert: Bring together chopped apples, strawberries, cantaloupe, watermelon and pineapple with blueberries and grapes for a sweet and juicy post-dinner palate-cleanser. Lemon juice prevents fruits from bruising. If that's not enough, combine the salad with Greek yogurt – perhaps blended with vanilla or almond extract – and fiber-filled granola for a parfait.

About Eudene Harry, M.D.

Dr. Eudene Harry holds a bachelor's in biology from New York University and completed both her medical degree and residency training at Thomas Jefferson University. Currently the medical director for the integrative and holistic Oasis Wellness and Rejuvenation Center, she has practiced medicine for nearly 20 years, is board certified in both emergency and holistic medicine, and for more than a decade practiced emergency medicine as an attending physician in Level II trauma centers. In 2005 she opened Oasis for Optimal Health, a private practice focused on integrative, holistic wellness and empowering and educating the patient.