

Good Eats

Summer will soon be here and millions will decide to trim the fat by exercising in the sunny weather. But jogging a mile each day won't help anyone if their diet consists of Big Macs and fries.

Here are some healthy foods, as listed on [this list](#), that can help you achieve your fitness goals—and that don't taste like carpet lint.

Whole wheat products. You want to cut down on the carbs, but you don't have to ignore pastas and wheat breads. Get wheat pasta, it is rich in fiber, which lowers the risk of heart disease, diabetes and cancer. There are plenty of whole-wheat products available right at your local grocer, including oatmeal, whole-wheat tortillas or Triscuits.

Salmon and beans. Salmon is high in vitamin A and has less saturated fat than other meat or poultry protein source. It also contains Omega-3 fatty acids, which can lower blood cholesterol and reduce the risk of heart disease. Beans have protein, iron, folic acid and fiber. So, a bean dip can prove healthier than a cheese or cream-based dip.

Sweet potatoes. There's nothing like Grandma's sweet potatoes. They have beta carotene up to your eyeballs, and prove a great substitute for other starches such as rice, potatoes and corn.