

# 10 Surprising Foods Nutritionists Eat (And Why You Should Too)

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## Overview

While it might be obvious for a nutritionist to recommend you eat fruits, vegetables, whole grains and lean protein, wouldn't it be nice for them to recommend something surprising -- maybe even decadent -- and then tell you it's good for your health? Grape jam, pizza, white potatoes and whole milk may sound like foods to avoid, but how and why you eat them can make all the difference in terms of the health benefits they deliver. Nutritionists know how and when to break the rules, so white bread, bacon and whole eggs are not always off limits, they become part of a healthy diet. Top nutritionists share surprising foods they eat and explain how these foods can enhance your diet.



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## 1. Whole Eggs

Do you eat or discard the egg yolk? Unfortunately, the nutrient-rich yellow center of the egg has been unjustly demonized for being a source of dietary cholesterol. And while dietary cholesterol is something to limit in a heart-healthy diet, the American Heart Association now says that eggs (including the yolk) can be part of a healthy eating plan. “I don’t skip the egg yolk to save calories; it’s actually where most of the flavor and nutrients of the egg are housed. One of the biggest reasons why I enjoy the yolk is because it contains lutein and zeaxanthin. These carotenoid nutrients can play a key protective role in eye health, including prevention of age-related macular degeneration. This is of particular concern to me since I have a family history of poor eye health,” says Jackie Newgent, RDN, culinary nutritionist and author of “The With or Without Meat Cookbook.”

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