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:
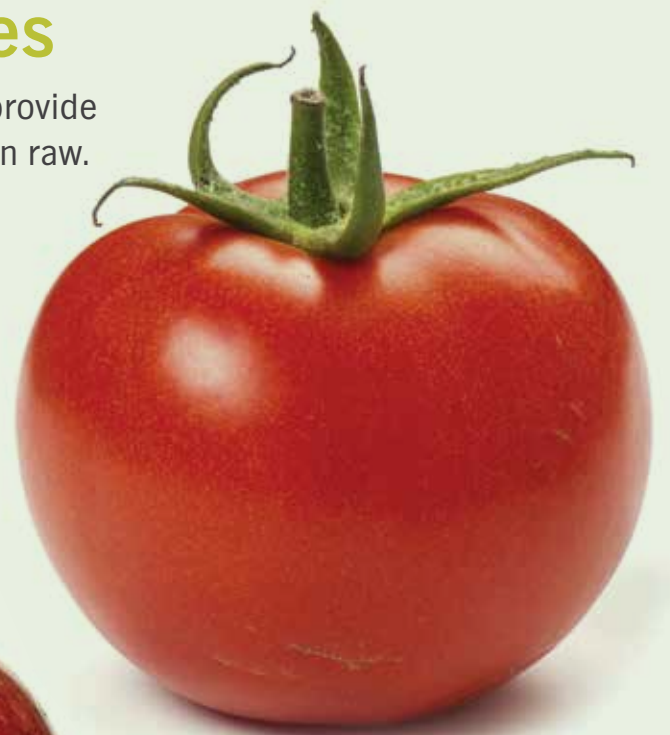
Tomatoes
Cooked tomatoes provide more lycopene than raw.

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

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.