



5 White Foods You Should Be Eating

We've all heard the advice to steer clear of "white foods," and there's some truth to the idea. White bread, white rice, and other highly processed foods lack nutrients and can contribute to poor health when eaten in excess. But the blanket ban on white foods goes too far, because some white foods are nutritional gems that deserve a spot on your plate. Here are five white foods that bring big health benefits—and some ideas to use them.

1. Cauliflower

This versatile veggie is rich in vitamin C, fiber, and antioxidants, supporting immune health and digestion while helping to fight inflammation. Its neutral flavor makes it a kitchen chameleon—roast it, mash it, rice it, or even use it as a base for pizza crust.

2. Onions

Onions pack a punch with their sulfur compounds, which protect your heart and have anti-inflammatory and immune-boosting properties. They're a staple in countless dishes, adding flavor to soups, stir-fries, and salads.

3. White Beans

A powerhouse of plant-based protein, white beans are also rich in fiber, folate, and iron, making them great for heart health and energy levels. Don't let the lack of color fool you—they're packed with antioxidants and polyphenols to support cellular health. Add them to soups, toss them in salads, or puree them for a creamy dip or spread.

4. Macadamia Nuts

These creamy, buttery nuts are high in heart-healthy monounsaturated fats and contain important nutrients like magnesium and manganese. Snack on a small handful, toss them into a stir-fry, or blend them into a luxurious dairy-free sauce.

5. Tofu

Tofu is an excellent source of complete plant protein, as well as calcium and iron (depending on the brand). Its mild flavor and firm texture make it endlessly adaptable—marinate and grill it, stir-fry it, or blend it into creamy desserts.

These five white foods show that not all "white" foods are created equal. Packed with nutrients and versatility, they can be part of a healthy, delicious diet. Here are two easy recipes featuring some of the best white foods around...

Tofu Bliss Bowl



Ingredients:

- 1 block of firm tofu, pressed and cubed
- 2 cups small cauliflower florets
- 1 medium onion, thinly sliced
- 2 tbsp olive oil or sesame oil
- 2 tbsp soy sauce or tamari
- 1 tbsp grated ginger
- 2 cloves garlic, minced (another super healthy white food!!)
- 1/4 cup roasted macadamia nuts, chopped
- 2 tbsp sesame seeds (optional)

Instructions:

Heat the oil in a large skillet or wok over medium heat. Add the tofu cubes and cook until golden on all sides, about 5-7 minutes. Remove tofu and set aside.

In the same pan, add the onion, garlic, and ginger, cooking until fragrant. Add the cauliflower and cook for 5 minutes, stirring occasionally, until lightly browned and tender. Return the tofu to the pan, add the soy sauce, and toss to combine.

Top with chopped macadamia nuts and sesame seeds (if using) before serving. Serve over (white or colorful) quinoa, or enjoy on its own!

Bonus Recipe: 5-Minute White Bean Salad

Ingredients:

- 1 can white beans, drained and rinsed
- 1/4 cup fresh parsley, chopped
- 1 small clove garlic, minced
- 1/4 cup finely chopped red onion
- 1/4 cup diced tomatoes
- 2 tbsp olive oil
- 1 tbsp fresh lemon juice
- Salt and pepper to taste

Place all ingredients in a bowl and toss gently to combine.

