Beware the label “superfood”: It’s slapped on everything from chia seeds to cauliflower. But what does it mean? When even such a low-bar base camp as Wikipedia calls superfood “a marketing term used to describe foods with supposed health benefits,” you know skepticism is in order.

But now scientists at William Paterson U. have come up with a sensible superfood-esque rating system, testing the levels of 17 disease-fighting nutrients (including fiber, potassium, iron, and B vitamins) in produce and ranking the top 41 “powerhouse fruits and vegetables.”

The results were nigh shocking.

On the new list, former underdog watercress (#1) thrashed supposed superfood champ kale (#15). Meanwhile, beet greens (#4) beat down brussels sprouts (#21), parsley (#8) laid a pile drive on sweet potato (#40), and turnip greens (#11) smashed rutabaga (#36) into the turnbuckle. Even blackberries (#38) got body-slammed by strawberries (#30) and pink grapefruit (#35).

Your strategy: Go for variety. “Don’t focus on just one or two foods on the list,” says the study’s Jennifer Di Noia, Ph.D. “For chronic disease prevention, all of them should be encouraged, as well as other plant foods, such as whole grains and beans.”

For the complete list of “powerhouse” foods, visit mensfitness.com/41superfoods.

—HOLLIS TEMPLETON

Almonds: joy for your heart

Adding 50 grams of almonds—about one 2-ounce handful—to your daily diet for just a month can reduce your heart disease risk by helping maintain healthy blood vessels. Research suggests that almonds’ combination of healthy fats, fiber, and vitamin E increases levels of antioxidants in the blood, improves blood flow, and lowers blood pressure. SOURCE: ASTON U.