

<b>apples</b>	Protects your heart	prevents constipation	Blocks diarrhea	Improves lung capacity	Cushions joints
<b>apricots</b>	Combats cancer	Controls blood pressure	Saves your eyesight	Shields against Alzheimer's	Slows aging process
<b>artichokes</b>	Aids digestion	Lowers cholesterol	Protects your heart	Stabilizes blood sugar	Guards against liver disease
<b>avocados</b>	Battles diabetes	Lowers cholesterol	Helps stops strokes	Controls blood pressure	Smoothes skin
<b>bananas</b>	Protects your heart	Quiets a cough	Strengthens bones	Controls blood pressure	Blocks diarrhea
<b>beans</b>	Prevents constipation	Helps hemorrhoids	Lowers cholesterol	Combats cancer	Stabilizes blood sugar
<b>beets</b>	Controls blood pressure	Combats cancer	Strengthens bones	Protects your heart	Aids weight loss
<b>blueberries</b>	Combats cancer	Protects your heart	Stabilizes blood sugar	Boosts memory	Prevents constipation
<b>broccoli</b>	Strengthens bones	Saves eyesight	Combats cancer	Protects your heart	Controls blood pressure
<b>cabbage</b>	Combats cancer	Prevents constipation	Promotes weight loss	Protects your heart	Helps hemorrhoids
<b>cantaloupe</b>	Saves eyesight	Controls blood pressure	Lowers cholesterol	Combats cancer	Supports immune system
<b>carrots</b>	Saves eyesight	Protects your heart	Prevents constipation	Combats cancer	Promotes weight loss
<b>cauliflower</b>	Protects against Prostate Cancer	Combats Breast Cancer	Strengthens bones	Banishes bruises	Guards against heart disease
<b>cherries</b>	Protects your heart	Combats Cancer	Ends insomnia	Slows aging process	Shields against Alzheimer's
<b>chestnuts</b>	Promotes weight loss	Protects your heart	Lowers cholesterol	Combats Cancer	Controls blood pressure
<b>chili peppers</b>	Aids digestion	Soothes sore throat	Clears sinuses	Combats Cancer	Boosts immune system
<b>figs</b>	Promotes weight loss	Helps stops strokes	Lowers cholesterol	Combats Cancer	Controls blood pressure
<b>fish</b>	Protects your heart	Boosts memory	Protects your heart	Combats Cancer	Supports immune system
<b>flax</b>	Aids digestion	Battles diabetes	Protects your heart	Improves mental health	Boosts immune system
<b>garlic</b>	Lowers cholesterol	Controls blood pressure	Combats cancer	kills bacteria	Fights fungus
<b>grapefruit</b>	Protects against heart attacks	Promotes Weight loss	Helps stops strokes	Combats Prostate Cancer	Lowers cholesterol
<b>grapes</b>	saves eyesight	Conquers kidney stones	Combats cancer	Enhances blood flow	Protects your heart
<b>green tea</b>	Combats cancer	Protects your heart	Helps stops strokes	Promotes Weight loss	Kills bacteria
<b>honey</b>	Heals wounds	Aids digestion	Guards against ulcers	Increases energy	Fights allergies
<b>lemons</b>	Combats cancer	Protects your heart	Controls blood pressure	Smoothes skin	Stops scurvy

<b>limes</b>	Combats cancer	Protects your heart	Controls blood pressure	Smoothes skin	Stops scurvy
<b>mangoes</b>	Combats cancer	Boosts memory	Regulates thyroid	aids digestion	Shields against Alzheimer's
<b>mushrooms</b>	Controls blood pressure	Lowers cholesterol	Kills bacteria	Combats cancer	Strengthens bones
<b>oats</b>	Lowers cholesterol	Combats cancer	Battles diabetes	prevents constipation	Smoothes skin
<b>olive oil</b>	Protects your heart	Promotes Weight loss	Combats cancer	Battles diabetes	Smoothes skin
<b>onions</b>	Reduce risk of heart attack	Combats cancer	Kills bacteria	Lowers cholesterol	Fights fungus
<b>oranges</b>	Supports immune systems	Combats cancer	Protects your heart	Straightens respiration	
<b>peaches</b>	prevents constipation	Combats cancer	Helps stops strokes	aids digestion	Helps hemorrhoids
<b>peanuts</b>	Protects against heart disease	Promotes Weight loss	Combats Prostate Cancer	Lowers cholesterol	Aggravates <u>diverticulitis</u>
<b>pineapple</b>	Strengthens bones	Relieves colds	Aids digestion	Dissolves warts	Blocks diarrhea
<b>prunes</b>	Slows aging process	prevents constipation	boosts memory	Lowers cholesterol	Protects against heart disease
<b>rice</b>	Protects your heart	Battles diabetes	Conquers kidney stones	Combats cancer	Helps stops strokes
<b>strawberries</b>	Combats cancer	Protects your heart	boosts memory	Calms stress	
<b>sweet potatoes</b>	Saves your eyesight	Lifts mood	Combats cancer	Strengthens bones	
<b>tomatoes</b>	Protects prostate	Combats cancer	Lowers cholesterol	Protects your heart	
<b>walnuts</b>	Lowers cholesterol	Combats cancer	boosts memory	Lifts mood	Protects against heart disease
<b>water</b>	Promotes Weight loss	Combats cancer	Conquers kidney stones	Smoothes skin	
<b>watermelon</b>	Protects prostate	Promotes Weight loss	Lowers cholesterol	Helps stops strokes	Controls blood pressure
<b>wheat germ</b>	Combats Colon Cancer	prevents constipation	Lowers cholesterol	Helps stops strokes	improves digestion
<b>wheat bran</b>	Combats Colon Cancer	prevents constipation	Lowers cholesterol	Helps stops strokes	improves digestion
<b>yogurt</b>	Guards against ulcers	Strengthens bones	Lowers cholesterol	Supports immune systems	Aids digestion