

Health Benefits of Vegetables and Fruits

apples	Protects your heart	Prevents constipation	Blocks diarrhea	Improves lung capacity	Cushions joints
apricots	Combats cancer	Controls blood pressure	Saves your eyesight	Shields against Alzheimer's	Slows aging process
artichokes	Aids digestion	Lowers cholesterol	Protects your heart	Stabilizes blood sugar	Guards against liver disease
avocados	Battles diabetes	Lowers cholesterol	Helps stop strokes	Controls blood pressure	Smooths skin
bananas	Protects your heart	Quiets a cough	Strengthens bones	Controls blood pressure	Blocks diarrhea
beans	Prevents constipation	Helps hemorrhoids	Lowers cholesterol	Combats cancer	Stabilizes blood sugar
beets	Controls blood pressure	Combats cancer	Strengthens bones	Protects your heart	Aids weight loss
blueberries	Combats cancer	Protects your heart	Stabilizes blood sugar	Boost memory	Prevents constipation
broccoli	Strengthens bones	Saves eyesight	Combats cancer	Protects your heart	Controls blood pressure
cabbage	Combats cancer	Prevents constipation	Promotes weight loss	Protects your heart	Helps hemorrhoids
cantaloupe	Combats cancer	Prevents constipation	Promotes weight loss	Protects your heart	Helps hemorrhoids
carrots	Saves eyesight	Protects your heart	Prevents constipation	Combats cancer	Promotes weight loss
cauliflower	Protects against prostate cancer	Combats breast cancer	Strengthens bones	Banishes bruises	Guards against heart disease
cherries	Protects your heart	Combats Cancer	Ends insomnia	Slows aging process	Shields against Alzheimer's
chestnuts	Promotes weight loss	Protects your heart	Lowers cholesterol	Combats Cancer	Controls blood pressure
chili peppers	Aids digestion	Spates sore throat	Clears sinuses	Combats Cancer	Boost immune system
figs	Promotes weight loss	Helps stop strokes	Lowers cholesterol	Combats Cancer	Controls blood pressure
fish	Protects your heart	Boost memory	Protects your heart	Combats Cancer	Supports immune system
flax	Aids digestion	Battles diabetes	Protects your heart	Improves mental health	Boost immune system
garlic	Lowers cholesterol	Controls blood pressure	Combats Cancer	Kills bacteria	Fights fungus
grapefruit	Protects against heart attacks	Promotes weight loss	Helps stop strokes	Combats Prostate Cancer	Lowers cholesterol
grapes	Saves eyesight	Conquers kidney stones	Combats Cancer	Enhances blood flow	Protects your heart

green tea	Combats Cancer	Protects your heart	Helps stop strokes	Promotes weight loss	Kills bacteria
honey	Heals wounds	Aids digestion	Guards against ulcers	Increases energy	Fight allergies
lemons	Combats Cancer	Protects your heart	Controls blood pressure	Smoothes skin	Stops scurvy
limes	Combats Cancer	Protects your heart	Controls blood pressure	Smoothes skin	Stops scurvy
mangoes	Combats Cancer	Boost memory	Regulates thyroid	Aids digestion	Shields against Alzheimer's
mushrooms	Controls blood pressure	Lowers cholesterol	Kills bacteria	Combats Cancer	Strengthens bones
oats	Lowers cholesterol	Combats Cancer	Battles Diabetes	Prevents constipation	Smooths skin
olive oil	Protects your heart	Promotes weight loss	Combats Cancer	Battles Diabetes	Smooths skin
onions	Reduce risk of heart attack	Combats Cancer	Kills bacteria	Lowers cholesterol	Fights fungus
oranges	Supports immune system	Combats Cancer	Protects your heart	Straightens respiration	-
peaches	Prevents constipation	Combats Cancer	Helps stop strokes	Aids digestion	Helps hemorrhoids
peanuts	Protects against heart disease	Promotes weight loss	Combates Prostate Cancer	Lowers cholesterol	Aggravates diverticulitis
pineapple	Strengthens bones	Relieves colds	Aides digestion	Dissolves warts	Blocks diarrhea
prunes	Slows aging process	Prevents constipation	Boost memory	Lowers cholesterol	Protects against heart disease
rice	Protects your heart	Battles diabetes	Conquers kidney stones	Combats Cancer	Helps stop strokes
strawberries	Combats cancer	Protects your heart	Boost memory	Calms stress	-
sweet potato	Saves eyesight	Lifts mood	Combats Cancer	Strengthens bones	
tomatoes	Protects prostate	Combats Cancer	Lowers cholesterol	Protects your heart	-
walnuts	Lowers cholesterol	Combats Cancer	Boost memory	Lifts mood	Protects against heart disease
water	Promotes weight loss	Combats Cancer	Conquers kidney stones	Smooths skin	-
watermelon	Protects prostate	Promotes weight loss	Lowers cholesterol	Helps stops strokes	Controls blood pressure
wheat germ	Combats Colon Cancer	Prevents constipation	Lowers cholesterol	Helps stops strokes	Improves digestion
wheat bran	Combats Colon Cancer	Prevents constipation	Lowers cholesterol	Helps stops strokes	Improves digestion
yogurt	Guards against ulcers	Strengthens bones	Lowers cholesterol	Supports immune system	Aids digestion