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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
avocados	Battles diabetes	Lowers cholesterol	Helps stops strokes	Controls blood pressure	Smoothes 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
cabbage	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
chili peppers	Aids digestion	Soothes sore throat	Clears sinuses	Combats Cancer	Boosts immune system
fish	Protects your heart	Boosts memory	Protects your heart	Combats Cancer	Supports immune system
garlic	Lowers cholesterol	Controls blood pressure	Combats cancer	kills bacteria	Fights fungus
grapefruit	Protects against heart attacks	Promotes Weight loss	Helps stops strokes	Combats Prostate Cancer	Lowers cholesterol
grapes	saves eyesight	Conquers kidney stones	Combats cancer	Enhances blood flow	Protects your heart
honey	Heals wounds	Aids digestion	Guards against ulcers	Increases energy	Fights allergies
limes	Combats cancer	Protects your heart	Controls blood pressure	Smoothes skin	Stops scurvy
mangoes	Combats cancer	Boosts memory	Regulates thyroid	aids digestion	Shields against Alzheimer's
oats	Lowers cholesterol	Combats cancer	Battles diabetes	prevents constipation	Smoothes skin
olive oil	Protects your heart	Promotes Weight loss	Combats cancer	Battles diabetes	Smoothes skin
onions	Reduce risk of heart attack	Combats cancer	Kills bacteria	Lowers cholesterol	Fights fungus
oranges	Supports immune systems	Combats cancer	Protects your heart	Straightens respiration	

peanuts	Protects against heart disease	Promotes Weight loss	Combats Prostate Cancer	Lowers cholesterol	Aggravates diverticulitis
pineapple	Strengthens bones	Relieves colds	Aids digestion	Dissolves warts	Blocks diarrhea
rice	Protects your heart	Battles diabetes	Conquers kidney stones	Combats cancer	Helps stops strokes
strawberries	Combats cancer	Protects your heart	boosts memory	Calms stress	
sweet potatoes	Saves your eyesight	Lifts mood	Combats cancer	Strengthens bones	
tomatoes	Protects prostate	Combats cancer	Lowers cholesterol	Protects your heart	
walnuts	Lowers cholesterol	Combats cancer	boosts memory	Lifts mood	Protects against heart disease
water	Promotes Weight loss	Combats cancer	Conquers kidney stones	Smoothes skin	
watermelon	Protects prostate	Promotes Weight loss	Lowers cholesterol	Helps stops strokes	Controls blood pressure
wheat bran	Combats Colon Cancer	prevents constipation	Lowers cholesterol	Helps stops strokes	improves digestion
yogurt	Guards against ulcers	Strengthens bones			

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