

***Share this Chart with everyone***

|                    |                                  |                         |                        |                             |                              |
|--------------------|----------------------------------|-------------------------|------------------------|-----------------------------|------------------------------|
| <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           | Lowers cholesterol     | Combats Cancer              | Controls blood               |

|                      |                                |                         |                         |                         |                             |
|----------------------|--------------------------------|-------------------------|-------------------------|-------------------------|-----------------------------|
|                      |                                | heart                   |                         |                         | 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               |

|                |                                |                       |                         |                         |                                |
|----------------|--------------------------------|-----------------------|-------------------------|-------------------------|--------------------------------|
| 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 |                                |
| Peaches        | prevents constipation          | Combats cancer        | Helps stops strokes     | aids digestion          | Helps hemorrhoids              |
| 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                |
| Prunes         | Slows aging process            | prevents constipation | boosts memory           | Lowers cholesterol      | Protects against heart disease |
| 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 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           | Lowers cholesterol      | Supports immune         | Aids digestion                 |

|  |  |              |  |                |  |
|--|--|--------------|--|----------------|--|
|  |  | <b>bones</b> |  | <b>systems</b> |  |
|--|--|--------------|--|----------------|--|