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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** | | **Artichokes** | **Aids digestion** | **Lowers cholesterol** | **Protects your heart** | **Stabilizes blood sugar** | **Guards against liver disease** | | **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** | | **Beets** | **Controls blood pressure** | **Combats cancer** | **Strengthens bones** | **Protects your heart** | **Aids weight loss** | | **Blueberries** | **Combats cancer** | **Protects your heart** | **Stabilizes blood sugar** | **Boosts 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** | **Saves eyesight** | **Controls blood pressure** | **Lowers cholesterol** | **Combats cancer** | **Supports immune system** | | **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** | **Soothes sore throat** | **Clears sinuses** | **Combats Cancer** | **Boosts immune system** | | **Figs** | **Promotes weight loss** | **Helps stops strokes** | **Lowers cholesterol** | **Combats Cancer** | **Controls blood pressure** | | **Fish** | **Protects your heart** | **Boosts memory** | **Protects your heart** | **Combats Cancer** | **Supports immune system** | | **Flax** | **Aids digestion** | **Battles diabetes** | **Protects your heart** | **Improves mental health** | **Boosts 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** | | **Green tea** | **Combats cancer** | **Protects your heart** | **Helps stops strokes** | **Promotes Weight loss** | **Kills bacteria** | | **Honey** | **Heals wounds** | **Aids digestion** | **Guards against ulcers** | **Increases energy** | **Fights 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** | **Boosts 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** | **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** |  | | **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 bones** | **Lowers cholesterol** | **Supports immune systems** | **Aids digestion** | | | | | |