

## Fruit and Vegetable Chart

<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	