

## **Share this Chart with everyone**

<b>apples</b>	Protects your heart	prevents constipation	Blocks diarrhea	Improves lung capacity	<b>Cushions joints</b>
<b>apricots</b>	Combats cancer	Controls blood pressure	Saves your eyesight	Shields against Alzheimer's	Slows aging process
<b>artichokes</b>	Aids digestion	<b>Lowers cholesterol</b>	Protects your heart	Stabilizes blood sugar	Guards against liver disease
<b>avocados</b>	Battles diabetes	<b>Lowers cholesterol</b>	Helps stop strokes	Controls blood pressure	Smooths skin
<b>bananas</b>	Protects your heart	Quiets a cough	Strengthens bones	Controls blood pressure	Blocks diarrhea
<b>beans</b>	Prevents constipation	Helps hemorrhoids	<b>Lowers cholesterol</b>	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	<b>Lowers cholesterol</b>	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>	<b>Promotes weight loss</b>	Protects your heart	<b>Lowers cholesterol</b>	Combats Cancer	Controls blood pressure

<b>chili peppers</b>	<b>Aids digestion</b>	<b>Soothes sore throat</b>	<b>Clears sinuses</b>	<b>Combats Cancer</b>	<b>Boosts immune system</b>
<b>figs</b>	<b>Promotes weight loss</b>	<b>Helps stops strokes</b>	<b>Lowers cholesterol</b>	<b>Combats Cancer</b>	<b>Controls blood pressure</b>
<b>fish</b>	<b>Protects your heart</b>	<b>Boosts memory</b>	<b>Protects your heart</b>	<b>Combats Cancer</b>	<b>Supports immune system</b>
<b>flax</b>	<b>Aids digestion</b>	<b>Battles diabetes</b>	<b>Protects your heart</b>	<b>Improves mental health</b>	<b>Boosts immune system</b>
<b>garlic</b>	<b>Lowers cholesterol</b>	<b>Controls blood pressure</b>	<b>Combats cancer</b>	<b>kills bacteria</b>	<b>Fights fungus</b>
<b>grapefruit</b>	<b>Protects against heart attacks</b>	<b>Promotes Weight loss</b>	<b>Helps stops strokes</b>	<b>Combats Prostate Cancer</b>	<b>Lowers cholesterol</b>
<b>grapes</b>	<b>saves eyesight</b>	<b>Conquers kidney stones</b>	<b>Combats cancer</b>	<b>Enhances blood flow</b>	<b>Protects your heart</b>
<b>green tea</b>	<b>Combats cancer</b>	<b>Protects your heart</b>	<b>Helps stops strokes</b>	<b>Promotes Weight loss</b>	<b>Kills bacteria</b>
<b>honey</b>	<b>Heals wounds</b>	<b>Aids digestion</b>	<b>Guards against ulcers</b>	<b>Increases energy</b>	<b>Fights allergies</b>
<b>lemons</b>	<b>Combats cancer</b>	<b>Protects your heart</b>	<b>Controls blood pressure</b>	<b>Smoothes skin</b>	<b>Stops scurvy</b>
<b>limes</b>	<b>Combats cancer</b>	<b>Protects your heart</b>	<b>Controls blood pressure</b>	<b>Smoothes skin</b>	<b>Stops scurvy</b>
<b>mangoes</b>	<b>Combats cancer</b>	<b>Boosts memory</b>	<b>Regulates thyroid</b>	<b>aids digestion</b>	<b>Shields against Alzheimer's</b>
<b>mushrooms</b>	<b>Controls blood pressure</b>	<b>Lowers cholesterol</b>	<b>Kills bacteria</b>	<b>Combats cancer</b>	<b>Strengthens bones</b>
<b>oats</b>	<b>Lowers cholesterol</b>	<b>Combats cancer</b>	<b>Battles diabetes</b>	<b>prevents constipation</b>	<b>Smoothes skin</b>
<b>olive oil</b>	<b>Protects your heart</b>	<b>Promotes Weight loss</b>	<b>Combats cancer</b>	<b>Battles diabetes</b>	<b>Smoothes skin</b>
<b>onions</b>	<b>Reduce risk of heart</b>	<b>Combats cancer</b>	<b>Kills bacteria</b>	<b>Lowers cholesterol</b>	<b>Fights fungus</b>

	attack				
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 <u>diverticulitis</u>
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