

## Fruits and Vegetables – Related Health Benefits 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 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	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	Helps Hemorrhoids
<b>Peanuts</b>	Protects Against Heart Disease	Promotes Weight Loss	Combats Prostate Cancer	Lowers Cholesterol	Aggravatesâ Diverticulitis
<b>Pineapple</b>	Strengthens Bones	Relieves Colds	Aids Digestion	Dissolves Warts	Blocks Diarrhea
<b>Prunes</b>	Slows Aging Process	Prevents Constipation	Boosts Memory	Lowers Cholesterol	Protects Against Heart Disease
<b>Rice</b>	Protects Your Heart	Battles Diabetes	Conquers Kidney Stones	Combats Cancer	Helps Stops Strokes
<b>Strawberries</b>	Combats Cancer	Protects Your Heart	Boosts Memory	Calms Stress	
<b>Sweet Potatoes</b>	Saves Your Eyesight	Lifts Mood	Combats Cancer	Strengthens Bones	
<b>Tomatoes</b>	Protects Prostate	Combats Cancer	Lowers Cholesterol	Protects Your Heart	
<b>Walnuts</b>	Lowers Cholesterol	Combats Cancer	Boosts Memory	Lifts Mood	Protects Against Heart Disease
<b>Water</b>	Promotes Weight Loss	Combats Cancer	Conquers Kidney Stones	Smoothes Skin	
<b>Watermelon</b>	Protects Prostate	Promotes Weight Loss	Lowers Cholesterol	Helps Stops Strokes	Controls Blood Pressure

<b>Wheat Germ</b>	Combats Colon Cancer	Prevents Constipation	Lowers Cholesterol	Helps Stops Strokes	Improves Digestion
<b>Wheat Bran</b>	Combats Colon Cancer	Prevents Constipation	Lowers Cholesterol	Helps Stops Strokes	Improves Digestion
<b>Yogurt</b>	Guards Against Ulcers	Strengthens Bones	Lowers Cholesterol	Supports Immune Systems	Aids Digestion