

# Food

# What it does for your body

<b>Apples</b>	Protects your heart	Prevents constipation	Blocks diarrhoea	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 diarrhoea
<b>Beans</b>	Prevents constipation	Helps haemorrhoids	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 haemorrhoids
<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 haemorrhoids
<b>Peanuts</b>	Protects against heart disease	Promotes Weight loss	Combats Prostate Cancer	Lowers cholesterol	Aggravates Diverticulitis
<b>Pineapple</b>	Strengthens bones	Relieves colds	Aids digestion	Dissolves warts	Blocks diarrhoea
<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