Benefits Food Combats **Boosts** Aids Shields Against Regulates Mangoes Thyroid Digestion Alzheimer's Cancer Memory Lowers Strengthens Controls Kills Combats Mushrooms Cholesterol Bones **Blood Pressure** Cancer Bacteria Combats Lowers **Battles Prevents** Smooths Oats Cholesterol Cancer Constipation Skin Diabetes **Protects Promotes** Combats Battles Smooths Olive Oil Your Heart Weight Loss Skin Cancer Diabetes Kills Reduce Risk of Combats Lowers **Fights Onions Heart Attack** Bacteria Cholesterol Cancer **Fungus Supports** Straightens Combats **Protects** Oranges Immune System Respiration Cancer Your Heart **Prevents** Combats Helps Aids Helps **Peaches** Cancer Stop Strokes Digestion Hemorrhoids Constipation **Protects Against** Lowers **Aggravates Promotes** Combats **Peanuts** Heart Disease Cholesterol **Diverticulitis** Prostate Cancer Weight Loss Strengthens Dissolves **Blocks** Pineapple Relieves Aids Diarrhea Bones Warts Colds Digestion Slows **Prevents Boosts** Lowers **Protects Against** Prunes Constipation **Aging Process** Memory Cholesterol Heart Disease **Protects Battles** Combats Helps Conquers Rice Your Heart Diabetes **Kidney Stones** Cancer Stop Strokes Combats **Protects Boosts** Calms Strawberries Cancer Your Heart Memory Stress Lifts Saves Combats Strengthens All Round **Sweet Potatoes** Your Eyesight Mood Cancer Bones Health Food