

Food Chart and Benefit

FOOD	BENEFIT				
Mangoes	Combats Cancer	Boosts Memory	Regulates Thyroid	Aids Digestion	Shields Against Alzheimer's
Mushrooms	Controls Blood Pressure	Lower Cholesterol	Kills Bacteria	Combats Cancer	Strengthens Bones
Oats	Lowers Cholesterol	Combats Cancer	Battles Diabetes	Prevents Constipation	Smooths Skin
Olive Oil	Reduce Risk of Heart Attack	Promotes Weight Loss	Combats Cancer	Battles Diabetes	Smooths Skin
Onions	Supports Immune System	Combats Cancer	Kills Bacteria	Lowers Cholesterol	Fights Fungus
Oranges	Prevents Constipation	Combats Cancer	Protects Your Heart	Straightens Respiration	
Peaches	Combats cancer	Combats Cancer	Helps Stop Strokes	Aids Digestion	Helps Hemorrhoids
Peanuts	Protects Against Heart Disease	Promotes Weight Loss	Combats Prostate Cancer	Lowers Cholesterol	Aggravates Diverticulitis
Pineapple	Strengthens Bones	Strengthens Bones	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 Stop Strokes
Strawberries	Combats cancer	Protects Your Heart	Boosts Memory	Calms Stress	
Sweet Potatoes	Save Your Eyesight	Lifts Mood	Combats Cancer	Strengthens Bones	All round Health Food

