

# Printable Health Food List

Apples	Protects your heart	prevents constipation	Blocks diarrhea	Improves lung capacity	Cush
Apricots	Combats cancer	Controls blood pressure	Saves your eyesight	Shields against Alzheimer's	Slow
Artichokes	Aids digestion	Lowers cholesterol	Protects your heart	Stabilizes blood sugar	Guar
Avocados	Battles diabetes	Lowers cholesterol	Helps stops strokes	Controls blood pressure	Smor
Bananas	Protects your heart	Quiets a cough	Strengthens bones	Controls blood pressure	Blocl
Beans	Prevents constipation	Helps hemorrhoids	Lowers cholesterol	Combats cancer	Stabi
Beets	Controls blood pressure	Combats cancer	Strengthens bones	Protects your heart	Aids
Blueberries	Combats cancer	Protects your heart	Stabilizes blood sugar	Boosts memory	Preve
Broccoli	Strengthens bones	Saves eyesight	Combats cancer	Protects your heart	Cont
Cabbage	Combats cancer	Prevents constipation	Promotes weight loss	Protects your heart	Helps
Cantaloupe	Saves eyesight	Controls blood pressure	Lowers cholesterol	Combats cancer	Supp
Carrots	Saves eyesight	Protects your heart	Prevents constipation	Combats cancer	Pron
Cauliflower	Protects against Prostate	Combats Breast Cancer	Strengthens bones	Banishes bruises	Guar
Cherries	Protects your heart	Combats Cancer	Ends insomnia	Slows aging process	Shiel
Chestnuts	Promotes weight loss	Protects your heart	Lowers cholesterol	Combats Cancer	Cont
Chili peppers	Aids digestion	Soothes sore throat	Clears sinuses	Combats Cancer	Boos
Cigs	Promotes weight loss	Helps stops strokes	Lowers cholesterol	Combats Cancer	Cont
Fish	Protects your heart	Boosts memory	Protects your heart	Combats Cancer	Supp
Fax	Aids digestion	Battles diabetes	Protects your heart	Improves mental health	Boos
Garlic	Lowers cholesterol	Controls blood pressure	Combats cancer	kills bacteria	Fight
Grapefruit	Protects against heart attacks	Promotes Weight loss	Helps stops strokes	Combats Prostate Cancer	Low
Grapes	saves eyesight	Conquers kidney stones	Combats cancer	Enhances blood flow	Prote
Green tea	Combats cancer	Protects your heart	Helps stops strokes	Promotes Weight loss	Kills
Honey	Heals wounds	Aids digestion	Guards against ulcers	Increases energy	Fight
Lemons	Combats cancer	Protects your heart	Controls blood pressure	Smooths skin	Stop:
Limes	Combats cancer	Protects your heart	Controls blood pressure	Smooths skin	Stop:
Mangoes	Combats cancer	Boosts memory	Regulates thyroid	aids digestion	Shiel
Mushrooms	Controls blood pressure	Lowers cholesterol	Kills bacteria	Combats cancer	Strer
Oats	Lowers cholesterol	Combats cancer	Battles diabetes	prevents constipation	Smor
Olive oil	Protects your heart	Promotes Weight loss	Combats cancer	Battles diabetes	Smor
Onions	Reduce risk of heart attack	Combats cancer	Kills bacteria	Lowers cholesterol	Fight
Oranges	Supports immune systems	Combats cancer	Protects your heart	Straightens respiration	
Peaches	prevents constipation	Combats cancer	Helps stops strokes	aids digestion	Helps