

**Do Share this Chart with everyone**

<b>Apples</b>	<b>Protects your heart</b>	<b>Prevents constipation</b>	<b>Blocks diarrhea</b>	<b>Improves lung capacity</b>	<b>Cushions joints</b>
<b>Apricots</b>	<b>Combats cancer</b>	<b>Controls blood pressure</b>	<b>Saves your eyesight</b>	<b>Shields against Alzheimer's</b>	<b>Slows aging process</b>
<b>Artichokes</b>	<b>Aids digestion</b>	<b>Lowers cholesterol</b>	<b>Protects your heart</b>	<b>Stabilizes blood sugar</b>	<b>Guards against liver disease</b>
<b>Avocados</b>	<b>Battles diabetes</b>	<b>Lowers cholesterol</b>	<b>Helps stops strokes</b>	<b>Controls blood pressure</b>	<b>Smoothes skin</b>
<b>Bananas</b>	<b>Protects your heart</b>	<b>Quiets a cough</b>	<b>Strengthens bones</b>	<b>Controls blood pressure</b>	<b>Blocks diarrhea</b>
<b>Beans</b>	<b>Prevents constipation</b>	<b>Helps hemorrhoids</b>	<b>Lowers cholesterol</b>	<b>Combats cancer</b>	<b>Stabilizes blood sugar</b>
<b>Beets</b>	<b>Controls blood pressure</b>	<b>Combats cancer</b>	<b>Strengthens bones</b>	<b>Protects your heart</b>	<b>Aids weight loss</b>
<b>Blueberries</b>	<b>Combats cancer</b>	<b>Protects your heart</b>	<b>Stabilizes blood sugar</b>	<b>Boosts memory</b>	<b>Prevents constipation</b>
<b>Broccoli</b>	<b>Strengthens bones</b>	<b>Saves eyesight</b>	<b>Combats cancer</b>	<b>Protects your heart</b>	<b>Controls blood pressure</b>
<b>Cabbage</b>	<b>Combats cancer</b>	<b>Prevents constipation</b>	<b>Promotes weight loss</b>	<b>Protects your heart</b>	<b>Helps hemorrhoids</b>
<b>Cantaloupe</b>	<b>Saves eyesight</b>	<b>Controls blood pressure</b>	<b>Lowers cholesterol</b>	<b>Combats cancer</b>	<b>Supports immune system</b>
<b>Carrots</b>	<b>Saves eyesight</b>	<b>Protects your heart</b>	<b>Prevents constipation</b>	<b>Combats cancer</b>	<b>Promotes weight loss</b>
<b>Cauliflower</b>	<b>Protects against Prostate Cancer</b>	<b>Combats Breast Cancer</b>	<b>Strengthens bones</b>	<b>Banishes bruises</b>	<b>Guards against heart disease</b>
<b>Cherries</b>	<b>Protects your heart</b>	<b>Combats Cancer</b>	<b>Ends insomnia</b>	<b>Slows aging process</b>	<b>Shields against Alzheimer's</b>
<b>Chestnuts</b>	<b>Promotes weight loss</b>	<b>Protects your heart</b>	<b>Lowers cholesterol</b>	<b>Combats Cancer</b>	<b>Controls blood pressure</b>
<b>Chili peppers</b>	<b>Aids digestion</b>	<b>Soothes sore throat</b>	<b>Clears sinuses</b>	<b>Combats Cancer</b>	<b>Boosts immune system</b>
<b>Figs</b>	<b>Promotes weight loss</b>	<b>Helps stops strokes</b>	<b>Lowers cholesterol</b>	<b>Combats Cancer</b>	<b>Controls blood pressure</b>
<b>Fish</b>	<b>Protects your heart</b>	<b>Boosts memory</b>	<b>Protects your heart</b>	<b>Combats Cancer</b>	<b>Supports immune system</b>
<b>Flax</b>	<b>Aids digestion</b>	<b>Battles diabetes</b>	<b>Protects your heart</b>	<b>Improves mental health</b>	<b>Boosts immune system</b>
<b>Garlic</b>	<b>Lowers cholesterol</b>	<b>Controls blood pressure</b>	<b>Combats cancer</b>	<b>Kills bacteria</b>	<b>Fights fungus</b>
<b>Grapefruit</b>	<b>Protects against heart attacks</b>	<b>Promotes Weight loss</b>	<b>Helps stops strokes</b>	<b>Combats Prostate Cancer</b>	<b>Lowers cholesterol</b>
<b>Grapes</b>	<b>Saves eyesight</b>	<b>Conquers kidney stones</b>	<b>Combats cancer</b>	<b>Enhances blood flow</b>	<b>Protects your heart</b>
<b>Green tea</b>	<b>Combats cancer</b>	<b>Protects your heart</b>	<b>Helps stops strokes</b>	<b>Promotes Weight loss</b>	<b>Kills bacteria</b>
<b>Honey</b>	<b>Heals wounds</b>	<b>Aids digestion</b>	<b>Guards against ulcers</b>	<b>Increases energy</b>	<b>Fights allergies</b>

Lemons	Combats cancer	Protects your heart	Controls blood pressure	Smoothes skin	Stops scurvy
Limes	Combats cancer	Protects your heart	Controls blood pressure	Smoothes skin	Stops scurvy
Mangoes	Combats cancer	Boosts memory	Regulates thyroid	Aids digestion	Shields against Alzheimer's
Mushrooms	Controls blood pressure	Lowers cholesterol	Kills bacteria	Combats cancer	Strengthens bones
Oats	Lowers cholesterol	Combats cancer	Battles diabetes	Prevents constipation	Smoothes skin
Olive oil	Protects your heart	Promotes Weight loss	Combats cancer	Battles diabetes	Smoothes skin
Onions	Reduce risk of heart attack	Combats cancer	Kills bacteria	Lowers cholesterol	Fights fungus
Oranges	Supports immune systems	Combats cancer	Protects your heart	Straightens respiration	
Peaches	Prevents constipation	Combats cancer	Helps stops strokes	Aids digestion	Helps hemorrhoids
Peanuts	Protects against heart disease	Promotes Weight loss	Combats Prostate Cancer	Lowers cholesterol	Aggravates Diverticulitis
Pineapple	Strengthens bones	Relieves colds	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 stops strokes
Strawberries	Combats cancer	Protects your heart	Boosts memory	Calms stress	
Sweet potatoes	Saves your eyesight	Lifts mood	Combats cancer	Strengthens bones	
Tomatoes	Protects prostate	Combats cancer	Lowers cholesterol	Protects your heart	
Walnuts	Lowers cholesterol	Combats cancer	Boosts memory	Lifts mood	Protects against heart disease
Water	Promotes Weight loss	Combats cancer	Conquers kidney stones	Smoothes skin	
Watermelon	Protects prostate	Promotes Weight loss	Lowers cholesterol	Helps stops strokes	Controls blood pressure
Wheat germ	Combats Colon Cancer	Prevents constipation	Lowers cholesterol	Helps stops strokes	Improves digestion
Wheat bran	Combats Colon Cancer	Prevents constipation	Lowers cholesterol	Helps stops strokes	Improves digestion
Yogurt	Guards against ulcers	Strengthens bones	Lowers cholesterol	Supports immune systems	Aids digestion