**Food Synergy**

**FOODS THAT WORK BETTER TOGETHER:**

- **Tomato & Avocado**
  - Lycopene in tomatoes is best absorbed in the intestinal tract when combined with healthy fats like avocado.

- **Chickpeas & Beet Root**
  - Chickpeas are rich in vitamin B6, a vitamin that helps the body absorb magnesium in magnesium-rich foods like beets.

- **Lemon & Green Tea**
  - Vitamin C in lemons allows the body to absorb catechins (antioxidants) in green tea, increasing the benefits of green tea.

- **Broccoli & Tomato**
  - The cancer-fighting substances in tomatoes and broccoli work best when paired together than when eaten alone.

- **Lemon & Kale**
  - Vitamin C (highly abundant in lemons) makes plant-based iron (such as iron-rich kale) more absorbable in the body.