

Fruit		Benefit				
apples		Protects your heart	prevents constipation	Blocks diarrhea	Improves lung capacity	Cushions joints
apricots		Combats cancer	Controls blood pressure	Saves your eyesight	Shields against Alzheimer's	Slows aging process
artichokes		Aids digestion	Lowers cholesterol	Protects your heart	Stabilizes blood sugar	Guards against liver disease
avocados		Battles diabetes	Lowers cholesterol	Helps stop strokes	Controls blood pressure	Smooths skin
bananas		Protects your heart	Quiets a cough	Strengthens bones	Controls blood pressure	Blocks diarrhea
beans		Prevents constipation	Helps	Lowers cholesterol	Combats cancer	Stabilizes blood sugar
beets		Controls blood pressure	Combats cancer	Strengthens bones	Protects your heart	Aids weight loss
blueberries		Combats cancer	Protects your heart	Stabilizes blood sugar	Boosts memory	Prevents constipation
broccoli		Strengthens bones	Saves eyesight	Combats cancer	Protects your heart	Controls blood pressure
cabbage		Combats cancer	Prevents constipation	Promotes weight loss	Protects your heart	Helps
cantaloupe		Saves eyesight	Controls blood pressure	Lowers cholesterol	Combats cancer	Supports immune system