

Red Fruits and Vegetables

RawForBeauty.com



Strawberries
anti-inflammatory



Watermelon
92 percent water



Cherries
brain food



Tomatoes
build strong bones



Rhubarb
high in calcium



Cranberries
beneficial to the eyes



Red Apples
antioxidant



Red Grapes
anti-aging



Pomegranates
heart health



Radishes
rich in folic acid



Red Cabbage
rich in vitamin C



Beets
guard against cancer



Red Peppers
support healthy night vision



Raspberries
rich in minerals like potassium, manganese, copper, iron and magnesium