

# The Nutrition of Fruits & Vegetables\*

**Avocados** - lower cholesterol



**Peppers** - loaded with antioxidants



**Kale** - high in iron

**Sweet potato** - helps balance the glycemic index of diabetics



**Pineapple** - helps with digestion and arthritis



**Ginger** - reduces fatigue and arthritic inflammation and pain



**Garlic** - anti-bacterial, anti-fungal, anti-viral, anti-septic properties



**Spinach** - anti-inflammatory



**Grapefruit** - boosts liver function and helps with weight loss



**Tomatoes** - help bones and teeth and improves health



# The Nutrition of Fruits

## Nutrient-Packed Fruits



Avocado

- \* very low in Cholesterol and Sodium
- \* good source of Dietary Fiber-16g, Protein-5g, Vitamin K-60%, Folate-51%, Pantothenic Acid-34%, Vitamin C-34%, Potassium-33%, Vitamin B6-33%, Vitamin E-23%, Niacin-22% and Copper-20%
- \* Riboflavin-19%, Magnesium-17%, Manganese-17%, Phosphorus-12%, Thiamin-12%, Zinc-10%, Vitamin A-7%, Iron-8%, Calcium-3% and Selenium-1%

The good: Helps with

bad breath	fetal development	morning sickness
beauty aid on skin/hair	heart health	muscle/nerve
lowering blood pressure and cholesterol	boosting the immune system	prostate cancer
blood sugar control	inflammation	psoriasis
duodenal/stomach ulcer	regulating insulin	weight management
eyesight	kidney stones	

Avocados are loaded with healthy fats, including the healthy fats that help with absorption of phytonutrients/antioxidant from the vegetables, fruits and other foods you eat. There are over 14,000 photolytic chemical constituents of nutrition in avocados (modern science has only studied and named about 141 of them). They also affect the health and function of the womb and cervix of the female, and interestingly, they look just like these organs. Studies have shown that when a woman eats one avocado a week, it balances hormones, sheds unwanted birth weight, and prevents cervical cancers. Another interesting fact, it takes exactly nine (9) months to grow an avocado from blossom to ripened fruit.

Beauty aid: Avocado oil is often used in the preparation of beauty products, like creams, cleansers and moisturizers as well as bath oils, shampoos, scalp conditioner and hair tonic.

## Cantaloupe



- \* low in Saturated Fat and Sodium, and very low in Cholesterol
- \* very good source of **Vitamin A-120%**, **Vitamin C-108%** and Potassium-14%
- \* good source of Dietary Fiber-2g, Protein-2g, Folate-9%, Niacin-6%, Vitamin B6-6%, Vitamin K-6%, Magnesium-5%, Thiamin-5%, Copper-4%, Manganese-4%, Phosphorus-3%, Calcium-2%, Iron-2%, Pantothenic Acid-2%, Riboflavin-2%, Zinc-2% and Selenium-1%

The bad: A large portion of the calories in this food come from sugars.

The good: Helps with

arteriosclerosis	boosting the immune	quitting smoking
preventing coagulation	system	stress
cancer prevention	insomnia	water retention
cataracts	menstruation problems	
lowering blood pressure and cholesterol	muscle cramps	
	pregnancy	

## Currents, black/red, white



- \* very low in Saturated Fat, Cholesterol and Sodium
- \* very good source of **Vitamin C-338%/77%** and Manganese
- \* good source of Iron-10%/6%, Vitamin A-5%/1%, Calcium-6%/4%,  
Dried black currants – Dietary Fiber-10g, Protein-6g, Copper-75%,  
Manganese-30%, Potassium-27%

The good: High in anti-oxidants and helps with

lowering blood pressure and bad cholesterol	joint inflammation	pms and menopause
fighting cancers, colds, fevers and flu	heart health	skin health
	boosting the immune system	sore throat



## Grapefruit, pink/white



\* very low in Saturated Fat, Cholesterol and Sodium

\* very good source of Vitamin A-12%/0% and **Vitamin C-146%/146%**

\* source of Dietary Fiber-2g, Protein-1g, Potassium-10%, Folate-7%, Pantothenic Acid-7%, Magnesium-5%, Thiamin-5%, Vitamin B6-5%, Copper-4%, Phosphorus-3%, Riboflavin-3%, Calcium-3%, Manganese-2%, Niacin-2%, Iron-1% and Zinc-1%

Juice, pink/white - Vitamin A-22%/0%, **Vitamin C-156%/156%**, Iron-3% and Calcium-2%

The bad: A large portion of the calories in this food come from sugars.

The good: Helps with the health of the breasts and the movement of lymph in and out of the breasts. Also helps with

acidity	common cold	insomnia
atherosclerosis	diabetes	preventing kidney stones
breast, pancreatic, stomach and colon cancers	digestive disorders	weight-loss
lowering cholesterol	repairing DNA	
	fatigue	
	fever	

## Guavas



\* low in Saturated Fat, and very low in Cholesterol and Sodium

\* very good source of Dietary Fiber-9g and Vitamin C-**638%**

\* good source of Vitamin A-21%, Folate-20%, Potassium-20%, Copper-19%, Manganese-12%, Magnesium-9%, Niacin-9% and Vitamin B6-9%

\* Protein-4g, Pantothenic Acid-7%, Phosphorus-7%, Thiamin-7%, Vitamin E-6%, Vitamin K-5%, Riboflavin-4% Calcium-3%, Zinc-3% and Iron-2%

The bad: A large portion of the calories in this food come from sugars.

The good: Helps with

blood pressure and circulation	improving and preventing diabetes	pregnancy(fetal nervous system/brain development)
fighting cancer	diverticulitis	
lowering cholesterol	eye health and vision	scurvy
colds	heart disease	skin health
constipation	immune system	tooth ache
diarrhea		

## Jujube

- \* very low in Cholesterol and Sodium
- \* very good source of **Vitamin C-128%** and Copper-44%
- \* Potassium-8%, Calcium-4%, Iron-4%, Magnesium-4%, Manganese-4%, Niacin-4%, Phosphorus-4%, Riboflavin-4% and Vitamin B6-4%

The good: Helps with

bone mineral density	digestion and detox	relieving stress
fighting cancer	boosting the immune	restful sleep
cleansing the blood	system	skin health
blood circulation	protecting the liver	weight loss

## Kiwifruit

- \* very low in Cholesterol and Sodium
- \* very good source of **Vitamin C-132%** and Vitamin K-42%
- \* good source of Dietary Fiber-3g, Potassium-8%, Vitamin E-6%, Copper-5%, Magnesium-3%, Calcium-2% and Iron-2%

The good: Helps with

anemia and the absorption of iron	damaged sperm repair	muscle cramps
antioxidant defense and fighting cancer	digestive health	mental fatigue
connective tissue	eye health and vision	pregnancy(fetal brain/ cognitive growth)
constipation	heart health	skin health
	boosting the immune system	stomach ulcer

## Lemons

- \* very low in Saturated Fat, Cholesterol and Sodium
- \* very good source of **Vitamin C-187%** and Dietary Fiber-6g
- \* good source of Potassium-8%, Vitamin B6-8% and Iron-7%
- \* Protein-2g, Calcium-6%, Folate-6%, Thiamin-6%, Copper-4%, Magnesium-4%, Pantothenic Acid-4%, Manganese-3%, Phosphorus-3% and Vitamin E-2%
- Juice - **Vitamin C-187%**, Vitamin A-1%, Calcium-2%

The good: Helps with

asthma	cholera and digestion	heartburn
lowering blood pressure and cholesterol	common cold	inflammatory disorders
burning soles/feet	constipation	dry skin
	swollen gums	sore throat

Lemons also help with the health of the breasts and the movement of lymph in and out of the breasts. For constipation, mix warm water, pinch of cinnamon and honey.



## Limes

- \* very low in Saturated Fat, Cholesterol and Sodium
  - \* very good source of Dietary Fiber-6g, Vitamin C-96%
  - \* good source of Calcium-6%, Copper-6% and Iron-6%
  - \* Has 3 % of Vitamin A, B6, E, K, Folate, Magnesium, Niacin, Pantothenic Acid, Phosphorus, Riboflavin and Thiamin
- Juice - **Vitamin C-121%**, Calcium-3%, Vitamin A-2% and Iron-1%

The good: Helps with

asthma	cholera and digestion	heartburn
lowering blood pressure and cholesterol	common cold	inflammatory disorders
burning soles/feet	constipation	dry skin
	swollen gums	sore throat

For constipation, mix warm water, pinch of cinnamon and honey. They help with the health of the breasts and the movement of lymph in and out of the breasts.



## Litchis

- \* low in Saturated Fat, and very low in Cholesterol and Sodium
- \* very good source of **Vitamin C-226%**
- \* good source of Dietary Fiber-3g, Copper-14%, Vitamin B6-10%, Potassium-9%, Folate-7%, Riboflavin-7%, Niacin-6%, Phosphorus-6%, Magnesium-5%, Manganese-5% Iron-3% Selenium-3% and Calcium-1%

The bad: A large portion of the calories in this food come from sugars.

The good: Helps with

blood circulation	digestion	liver and organ
bone health	fever	function
fighting cancer/breast cancer	boosting the immune system	skin health
		sore throat



## Oranges

\* very low in Saturated Fat, Cholesterol and Sodium

\* good source of Dietary Fiber-4g, Folate-14%, Thiamin-10%, Potassium-9%, Vitamin A-8%, Calcium-7%, Pantothenic Acid-5%, Vitamin B6-5%, Copper-4%, Magnesium-4%, Riboflavin-4%, Niacin-3% and Manganese-2%

\* very good source of **Vitamin C-160%**

Juice - Vitamin A-10%, **Vitamin C-207%**, Calcium-3% and Iron-3%

The bad: A large portion of the calories in this food come from sugars.

The good: Helps with

arteriosclerosis	constipation	preventing kidney
lowering blood pressure	damaged sperm repair	stones
and cholesterol	heart disease	skin health
cancer prevention	boosting the immune	stomach ulcers
common cold	system	viral infections

Oranges, grapefruits, and other citrus fruits look just like the mammary glands and actually help the health of the breasts and the movement of lymph in and out of the breasts.

## Papayas

\* very low in Saturated Fat, Cholesterol and Sodium

\* very good source of **Vitamin C-144%** and Vitamin A-31%

\* good source of Dietary Fiber-3g, Folate-13%, Potassium-10%, Vitamin E-5%, Vitamin K-5%, Calcium-3%, Magnesium-3%, Riboflavin-3%, Thiamin-3% and 1% of Copper, Iron, Manganese, Phosphorus, Selenium and Zinc

The bad: A large portion of the calories in this food come from sugars.

The good: Helps with

reducing acne	preventing	improving immunity
arthritis and preventing	arteriosclerosis,	intestinal disorders
inflammation	breast, colon,	menstrual irregularities
healing scars from	pancreatic and other	skin care and health
burns	cancers,	spleen enlargement
constipation	emphysema,	throat disorders
digestion	infections, and heart	tooth ache
eye health and vision	disease	weight loss

Passion-fruit 

- \* low in Sodium, Saturated Fat and Cholesterol
- \* very good source of Dietary Fiber-25g, **Vitamin C-118%** and Vitamin A-60%
- \* good source of Potassium-23%, Iron-21%, Niacin-18%, Riboflavin-18%, Magnesium-17% and Phosphorus-16%
- \* Vitamin B6-12%, Copper-10%, Folate-8%, Calcium-3%, Vitamin K-3% and Selenium-2%

Juice - **Vitamin C-123%**, Vitamin A-35%, Iron-3% and Calcium-1%

The bad: A large portion of the calories in this food come from sugars.

The good: Helps with

asthma	eye health	increasing hemoglobin
blood pressure	heart health	in blood
fighting cancer	boosting the immune	mood enhancer
cleansing the colon	system	vision
digestion	inflammation	

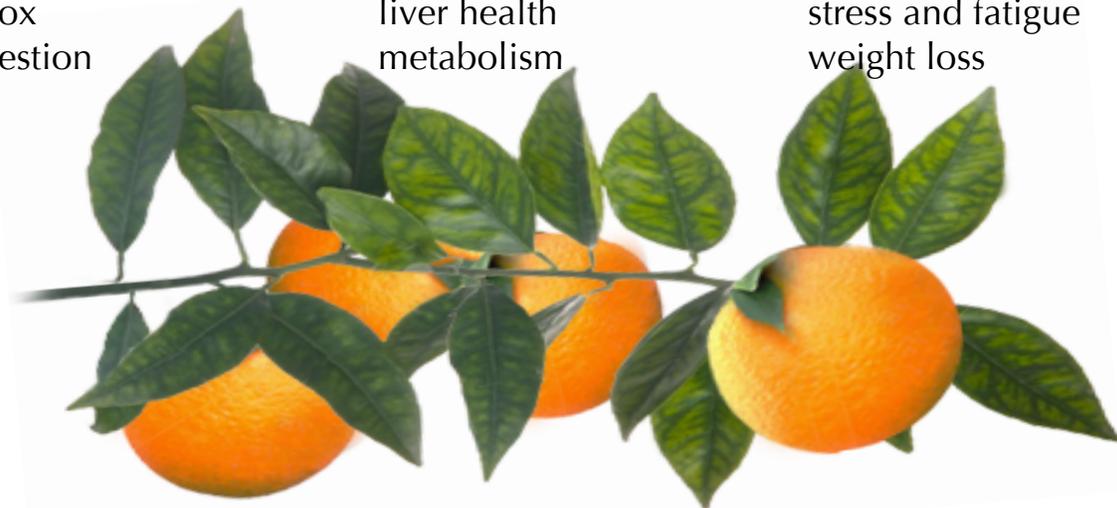
Persimmons 

- \* very low in Cholesterol and Sodium
- \* very good source of **Vitamin C-110%**
- \* good source of Iron-14%, Potassium-9%, Calcium-3% and Phosphorus-3%

The bad: A large portion of the calories in this food come from sugars.

The good: Helps with

blood pressure	diuretic	reducing premature aging
fighting cancer	energy	(wrinkles, age spots,
blood circulation	eye health	Alzheimer's disease,
fighting cold and flu	boosting the immune	fatigue, vision loss,
constipation	system	muscle weakness,...)
detox	liver health	stress and fatigue
digestion	metabolism	weight loss



## Pineapple



- \* very low in Saturated Fat, Cholesterol and Sodium
- \* very good source of **Vitamin C-131%** and Manganese-76%
- \* good source of Dietary Fiber-2g, Copper-9%, Thiamin-9% and Vitamin B6-9%
- \* Folate-7%, Magnesium-5%, Potassium-5%, Niacin-4%, Pantothenic Acid-4%, Iron-3%, Riboflavin-3%, Calcium-2% and Vitamin A-2%
- Juice - Vitamin C-42%, Iron-4% and Calcium-3%
- The bad: A large portion of the calories in this food come from sugars.

The good: Helps with

digestion	rheumatoid arthritis,	respiratory conditions
inflammatory conditions	osteoarthritis, gout,	sore throat
like carpal tunnel,	injuries, surgeries	

## Pomegranates



- \* very low in Saturated Fat, Cholesterol and Sodium
- \* very good source of Vitamin K-58%, Vitamin C-48% and Folate-27%
- \* good source of Dietary Fiber-11g, Copper-22%, Potassium-19%, Manganese-17%, Thiamin-13%, Pantothenic Acid-11%, Vitamin B6-11%, Phosphorus-10%, Riboflavin-9%, Magnesium-8%, Vitamin E-8%, Zinc-7%, Iron-5%, Niacin-4%, Calcium-3% and Selenium-2%
- Juice - Calcium-3% and Iron-1%

The good: Helps with

anemia	cancer prevention	boosting the immune system
anal itch	delaying exercise	
boosting anti-aging agents	fatigue	improving memory
arthritis and joint pain	dysentery	inflammation
asthma	erectile dysfunction	loss of appetite
atherosclerosis	fighting against breast and prostate cancers	menopause
bleeding piles	fungal infections	morning sickness and nausea
lowering blood pressure and bad cholesterol	heart disease	sore throat

Pomegranates are one of the healthiest fruits on the planet.

## Pummelo

- \* very low in Saturated Fat, Cholesterol and Sodium
- \* very good source of **Vitamin C-193%**
- \* good source of Dietary Fiber-2g and Potassium-12%
- \* Copper-5%, Thiamin-4%, Magnesium-3%, Phosphorus-3%, Riboflavin-3%, Vitamin B6-3%, Manganese-2%, Niacin-2%, Calcium-1%, Iron-1% and Zinc-1%

The bad: A large portion of the calories in this food come from sugars.

The good: Helps with

acne	fighting cancer	slowing signs of
preventing anemia	reducing cramps	premature aging
boosting anti-aging	dandruff	skin health and repair
agents	improving digestion	urinary tract infections
lowering blood pressure	hair growth and health	weight loss
strengthening bones	heart health	
and teeth	infections	

## Strawberries

- \* very low in Saturated Fat, Cholesterol and Sodium
- \* very good source of Dietary Fiber-3g, **Vitamin C-149%** and Manganese-29%
- \* source of Folate-9%, Potassium-7%, Magnesium-5%, Copper-4%, Phosphorus-4%, Vitamin B6-4%, Vitamin K-4%, Iron-3%, Niacin-3%, Calcium-2%, Pantothenic Acid-2%, Riboflavin-2%, Thiamin-2% and Vitamin E-2%

The bad: A large portion of the calories in this food come from sugars.

The good: Helps with

boosting anti-aging agents	diabetes	improving mood
preventing anemia and	digestive health	inflammation
diverticulitis	diuretic	pregnancy
fighting cancer	eye health	(development of the
coagulation	heart health	brain, skull, and
brain/mental health	boosting the immune	spinal cord)
cholesterol	system	

### Sugar-apples/Sweetsops



- \* very low in Saturated Fat, Cholesterol and Sodium
- \* very good source of **Vitamin C-151%**
- \* good source of Dietary Fiber-11g, Protein-5g, Vitamin B6-25%, Potassium-18%, Thiamin-18%, Riboflavin-17%, Magnesium-13%, Copper-11%, Niacin-11%, Folate-9%, Iron-8%, Phosphorus-8% and Calcium-6%

The bad: A large portion of the calories in this food come from sugars.

The good: Helps with

- |   |                                 |                |
|---|---------------------------------|----------------|
| asthma                                  | conception                      | heart health   |
| lowering blood pressure and cholesterol | diabetes and blood sugar levels | pregnancy      |
| increasing bone density and strength    | energy                          | thyroid health |
|   | growth/development              |                |

### Tangerines /Mandarine oranges



- \* very low in Saturated Fat, Cholesterol and Sodium
- \* very good source of Vitamin C-87% and Vitamin A-27%
- \* good source of Dietary Fiber-4g, Potassium-9%, Folate-8%, Thiamin-8%, Vitamin B6-8%, Calcium-7%, Magnesium-6%, Copper-4%, Manganese-4%, Niacin-4%, Pantothenic Acid-4%, Phosphorus-4%, Riboflavin-4% and Iron-2%

The bad: A large portion of the calories in this food come from sugars.

The good: Helps with

- |   |                 |                 |
|---|-----------------|-----------------|
| boosting anti-aging agents              | fighting cancer | iron absorption |
| arthritis/inflammation                  | constipation    | skin health     |
| lowering blood pressure and cholesterol | digestion       | wound healing   |
|   | hair health     |                 |
|   | heart disease   |                 |

Tangerines also help with the health of the breasts and the movement of lymph in and out of the breasts.



## Other Fruit

### Acai berries

\* very low in Saturated Fat, Cholesterol and Sodium

\* good source of Dietary Fiber, Vitamin A, Vitamin C, Vitamin E, Calcium, Iron and Potassium

The bad: A large portion of the calories in this food come from sugars.

The good: Helps with

aphrodisiac	reducing the risk of	metabolism
blood circulation	atherosclerosis,	slowing premature
lowering blood pressure	stroke, and heart	aging
and cholesterol	attack	skin health and
preventing cancer	heart health	reducing skin
cellular health	boosting energy and	conditions and
constipation	the immune system	diseases
body detox	inflammation	weight loss
diarrhea	increasing mental	
digestion	function/sharpness	

### Apples

\* very low in Saturated Fat, Cholesterol and Sodium

\* source of Dietary Fiber-3g and Vitamin C-10%

\* Potassium-4%, Vitamin B6-3%, Vitamin K-3%, Copper-2%, Magnesium-2%, Manganese-2%, Riboflavin-2%, Calcium-1%, Folate-1%, Iron-1%, Niacin-1%, Pantothenic Acid-1%, Phosphorus-1%, Thiamin-1%, Vitamin A-1%, Vitamin E-1%,

Juice - Vitamin C-4%, Calcium-2% and Iron-2%

The bad: A large portion of the calories in this food come from sugars.

The good: Helps with

asthma	reducing cavities	fibromyalgia
atherosclerosis	constipation	lung cancer
arteriosclerosis	dental care	replenishing nutrients
protecting bones and	diabetes (green apples)	for athletes
teeth	digestion	

## Apricots

- \* very low in Saturated Fat, Cholesterol and Sodium
- \* very good source of Vitamin A-60%, Vitamin C-26%
- \* good source of Dietary Fiber-3g, Protein-2g, Potassium-11%, Vitamin E-7%, Copper-6%, Manganese-6%, Vitamin K-6%, Niacin-5%, Magnesium-4%, Pantothenic Acid-4%, Phosphorus-4%, Riboflavin-4%, Vitamin B6-4%, Folate-3%, Iron-3%, Thiamin-3%, Calcium-2%, and Zinc-2%

The bad: A large portion of the calories in this food come from sugars.

The good: Helps with

anemia	eyes and vision	skin problems
constipation	fevers	
digestion	kidney health	

## Bananas

- \* very low in Saturated Fat, Cholesterol and Sodium
- \* very good source of Dietary Fiber-6g, Protein-3g, Vitamin B6-41%, Vitamin C-33%, Manganese-30% and Potassium-23%
- \* good source of Magnesium-15%, Folate-11% and Riboflavin-10%
- \* Copper-9%, Pantothenic Acid-8%, Niacin-7%, Phosphorus-5%, Thiamin-5%, Iron-3%, Vitamin A-3%, Zinc-2%, Calcium-1%, Vitamin E-1% and Vitamin K-1%

The bad: A large portion of the calories in this food come from sugars.

The good: Helps with

anemia	muscle cramps	reducing swelling
lowering blood pressure	protecting against heart	stomach ulcers
brain food	attacks and strokes	stress
constipation and diarrhea	quitting smoking	weight loss
decreasing depression		
detoxing the body		
protecting against type 2 diabetes		
boosting energy levels		
heartburn		
improving moods		
morning sickness		
mosquito bite		

### QUICK FACT

Bananas do not grow on trees. The banana plant is actually classified as an **arborescent** (like a tree) perennial herb. It is the largest flowering herb.

## Blackberries



- \* very low in Saturated Fat, Cholesterol and Sodium
  - \* very good source of Dietary Fiber-8g, Vitamin C-50%, Manganese-47% and Vitamin K-36%
  - \* good source of Copper-12%, Folate-9%, Vitamin E-8%, Magnesium-7% and Potassium-7%
  - \* Protein-2g, Vitamin A-6%, Iron-5%, Niacin-5%, Zinc-5%, Calcium-4%, Pantothenic Acid-4%, Riboflavin-2%, Thiamin-2% and Vitamin B6-2%
- Frozen - Dietary Fiber-7g, Vitamin C-8%, Iron-7%, Calcium-4% and Vitamin A-3%
- Juice - Vitamin A-6%, Vitamin C-47%, Iron-7% and Calcium-3%
- The bad: A large portion of the calories in this food come from sugars.
- The good: Helps with

decreasing minor bleeding	esophageal and oral cancers	intestinal inflammation
slowing/reversing the growth of breast, cervical, colon,	diarrhea	mouth irritations
	gout	sore throats
	hemorrhoids	tighten tissue

## Blueberries



- \* very low in Saturated Fat, Cholesterol and Sodium
  - \* very good source of Vitamin K-36%, Vitamin C-24% and Manganese-25%
  - \* good source of Dietary Fiber-4g
  - \* Copper-4%, Riboflavin-4%, Thiamin-4%, Vitamin B6-4%, Vitamin E-4%, Niacin-3%, Potassium-3%, Folate-2%, Iron-2%, Magnesium-2%, Pantothenic Acid-2%, Phosphorus-2%, Vitamin A-2%, Zinc-2% and Calcium-1%
- Frozen - Dietary Fiber-4g, Vitamin C-6%, Iron-2%, Vitamin A-1% and Calcium-1%
- The bad: A large portion of the calories in this food come from sugars.
- The good: Helps with

Alzheimer's Disease prevention	constipation	vision, protecting against macular degeneration,
bladder infection	diarrhea	cataracts, glaucoma,
fighting cancer	inflammation	and retinopathy)
cholesterol	nasal congestion	
	vision (improving night	

## Boysenberries

\* very low in Saturated Fat, Cholesterol and Sodium

\* very good source of Dietary Fiber-7g, Manganese-36%, Folate-20% and Vitamin K-13%

\* source of Vitamin C-7%, Iron-6%, Vitamin E-6%, Copper-5%, Magnesium-5%, Niacin-5%, Potassium-5%, Thiamin-5%, Calcium-4%, Phosphorus-4%, Vitamin B6-4%, Pantothenic Acid-3%, Riboflavin-3%, Vitamin A-2% and Zinc-2%

The bad: A large portion of the calories in this food come from sugars.

The good: Helps with

brain health/memory	boosting energy	making red blood cells
fighting cancers	heart health	pregnancy
preventing diabetes	inflammation	skin health
digestion	kidney stones	weight loss

Boysenberries also protect cells from damage, protect against cancer and heart disease, and help the body to make use of Vitamin K to clot the blood.

## Casaba

\* low in Sodium, and very low in Saturated Fat and Cholesterol

\* very good source of Vitamin C-62% and Vitamin B6-14%

\* source of Dietary Fiber-2g, Protein-2g, Potassium-9%, Copper-5%, Magnesium-5%, Vitamin K-5%, Folate-3%, Iron-3%, Manganese-3%, Riboflavin-3%, Calcium-2%, Niacin-2% and Thiamin-2%

The bad: A large portion of the calories in this food come from sugars.

The good: Helps with

preventing cell damage	safe for diabetics	strengthening teeth and
colon cancer	eye health	bones
common colds and flu	boosting the immune	weight loss
diabetes	system	healing wounds



## Cherries



\* very low in Saturated Fat, Cholesterol and Sodium

\* good source of Dietary Fiber-3g, Protein-2g, Vitamin A-40% and Vitamin C-26%

\* Manganese-9%, Copper-8%, Potassium-8%, Riboflavin-4%, Vitamin K-4%, Folate-3%, Iron-3%, Magnesium-3%, Niacin-3%, Thiamin-3%, Vitamin B6-3%, Calcium-2% and Phosphorus-2%

The bad: A large portion of the calories in this food come from sugars.

The good: Helps with

antioxidant protection	fighting cancer/colon	reducing arthritis pain,
protecting against	cancer and heart	inflammation, and
Alzheimer's, dementia	disease	muscle burning/pain
and diabetes	lowering the risk of	muscle recovery
relieving discomfort of	hypertension and	supporting healthy sleep
arthritis, fibromyalgia	stroke	
and gout		

## Cranberries



\* very low in Saturated Fat, Cholesterol and Sodium

\* very good source of Dietary Fiber-5g, Vitamin C-24% and Manganese-20%

\* source of Vitamin E-7%, Vitamin K-7%, Copper-3%, Pantothenic Acid-3%, Vitamin B6-3%, Iron-2% and Magnesium-2%

Juice - Vitamin C-39%, Iron-4%, Calcium-2% and Vitamin A-2%

The bad: A large portion of the calories in this food come from sugars.

The good: Helps with

anemia	fighting against	preventing kidney
boosting anti-aging	degenerative	stone formation
agents	disorders and	probiotic, skin
atherosclerosis and	diseases	conditions
cardiovascular	diarrhea	venous disorders
disease	digestive disorders	urinary tract infections
	eyesight	

## Dates

\* very low in Saturated Fat, Cholesterol and Sodium

\* very good source of Dietary Fiber-12g, Protein-4g, Potassium-27%, Manganese-19%, Magnesium-16%, Copper-15% and Vitamin B6-12%

\* Niacin-9%, Iron-8%, Folate-7%, Calcium-6%, Riboflavin-6 %, Vitamin K-4% and Vitamin C-1%

The bad: A large portion of the calories in this food come from sugars, 93g of 147g are sugars.

The good: Helps with

fighting abdominal cancer	lowering risk of colitis, colon cancer and stroke	impotency inflammation
anemia	constipation and diarrhea	intestinal disorders
lowering blood pressure and cholesterol	digestive health	nervous system health
strengthening bones	boosting energy	preventing hemorrhoids
boosting brain health	strengthening eye health	promoting healthy pregnancy and delivery
chronic conditions like arthritis	heart health	seasonal allergies
		weight loss

## Figs

\* very low in Saturated Fat, Cholesterol and Sodium

\* good source of Dietary Fiber-3g, Potassium-8%, Manganese-7%, Vitamin B6-7%, Vitamin K7-%, Copper-5%, Magnesium-5%, Calcium-4%, Vitamin A-4%, Iron -2% and Vitamin C-2%

The bad: A large portion of the calories in this food come from sugars.

The good: Helps with

asthma, bronchitis and cough (fig leaf tea)	constipation	piles
lowering blood pressure	diabetes (leaves lower the need for insulin injections)	postmenopausal breast cancer
promoting bone density	eyesight and macular degeneration	weight loss
urinary calcium loss	indigestion	
cholesterol and heart disease		

Figs also help to increase the mobility of male sperm and increase the numbers of sperm as well to overcome male sterility.

## Gooseberries



\* very low in Saturated Fat, Cholesterol and Sodium

\* very good source of Dietary Fiber-6g and Vitamin C-69%

\* good source of Manganese-11%, Vitamin A-9%, Potassium-8%, Vitamin B6-6%, Copper-5%, Calcium-4%, Magnesium-4%, Pantothenic Acid-4%, Phosphorus-4%, Thiamin-4% Iron-3%, Riboflavin-3%, Vitamin E-3% and Folate-2%

The bad: A large portion of the calories in this food come from sugars.

The good: Helps with

boosting anti-aging agents	fighting cancer, especially lung and oral cavity cancers	heart disease
calcium absorption	inflammation	boosting the immune system and metabolism
diabetes	neurological diseases	improving appetite
strengthening digestion	hair health	menstrual cramps
diuretic	healing infections	vision
eye health		

## Grapes



\* very low in Saturated Fat, Cholesterol and Sodium

\* good source of Manganese-33% and Vitamin K-17%

\* Dietary Fiber-1g, Thiamin-6%, Vitamin C-6%, Potassium-5%, Vitamin B6-5%, Riboflavin-3%, Vitamin A-2%, Copper-2%, Calcium-1% and Iron-1%

Juice - Iron-4% and Calcium-3%

Raisins - Dietary Fiber-6g, Iron-17%, Calcium-8% and Vitamin C-6%

The bad: A large portion of the calories in this food come from sugars.

The good: Helps with

atherosclerosis	constipation	kidneys and kidney stones
bladder	eye health	
lowering blood pressure and cholesterol	reducing fevers	liver
fighting cancer	heart disease	skin health
preventing coagulation and inflammation	indigestion	
	mouth/throat infection	
	migraines	

Grapes hang in a heart-shaped cluster, and each grape looks like a blood cell – studies found that grapes strengthen heart and blood health.

## Honeydew



- \* low in Sodium, and very low in Saturated Fat and Cholesterol
- \* very good source of Vitamin C-53%
- \* good source of Potassium-12%, Folate-8% and Vitamin B6-8%
- \* Dietary Fiber-1g, Vitamin K-6%, Magnesium-4%, Niacin-4%, Thiamin-4%, Pantothenic Acid-3%, Copper-2%, Iron-2%, Manganese-2%, Phosphorus-2%, Selenium-2%, Vitamin A-2%, Calcium-1% and Zinc-1%

The bad: A large portion of the calories in this food come from sugars.

The good: Helps with

arthritis	hydrating at the cellular	skin health
bone and teeth health	level	water retention
lowering cholesterol	boosting the immune	weight loss
diabetes	system	
digestion	neurodegenerative	
edema	diseases	
eye health	pregnancy	

The Vitamin C in honeydews boosts the immune system, helps prevent neurodegenerative diseases, arthritis, diabetes, etc by removing oxidant free-radicals from the body.

## Kum quats



- \* very low in Saturated Fat, Cholesterol and Sodium
- \* good source of Dietary Fiber-7g, Protein-2g and Vitamin C-73%
- \* Manganese-7%, Calcium-6%, Vitamin A-6%, Copper-5%, Iron-5%, Magnesium-5%, Potassium-5%, Riboflavin-5%, Folate-4%, Niacin-2%, Pantothenic Acid-2%, Phosphorus-2%, Thiamin-2% and Vitamin B6-2%

The bad: A large portion of the calories in this food come from sugars.

The good: Helps with

bone and teeth health	energy	strengthens digestive
improving eyesight	hair health	health
fighting cancers and	boosting the immune	skin health
viruses	system	weight loss
collagen synthesis and	iron absorption in the	
wound healing	food	

## Loquats

\* very low in Saturated Fat, Cholesterol and Sodium

\* very good source of Vitamin A-46%

\* good source of Dietary Fiber-3g, Manganese-11%, Potassium-11%

Vitamin B6-7%, Folate-5%, Magnesium-5%, Phosphorus-4%, Copper-3%, Calcium-2%, Iron-2%, Riboflavin-2%, Thiamin-2% and Vitamin C-2%

The bad: A large portion of the calories in this food come from sugars.

The good: Helps with

bone and teeth health	cellular oxidation	protecting from lung
lowering blood pressure	colon cancer/health	and oral cancers
and cholesterol	heart rates	skin health
blood formation and	improving vision	weight loss

## Mangos

\* very low in Saturated Fat, Cholesterol and Sodium

\* very good source of Vitamin C-76%, Vitamin A-25% and Vitamin B6-11%

\* source of Dietary Fiber-3g, Copper-9%, Vitamin E-9%, Vitamin K-9%, Potassium-7%, Folate-6%, Riboflavin-6%, Thiamin-6% and Niacin-5%

The bad: A large portion of the calories in this food come from sugars.

The good: Helps with

anemia	prostate cancers	boosting the immune
acne	diabetes management	system
blood pressure	and prevention	pregnancy
brain health	digestion	slowing signs of aging
fighting against colon,	heart health	weight gain
breast, leukemia and		

## Mulberries

\* low in Sodium, and very low in Saturated Fat and Cholesterol

\* very good source of Vitamin C-85%, Iron-14% and Vitamin K-14%

\* source of Dietary Fiber-2g, Potassium-8%, Riboflavin-8% and Calcium-5%

The good: Helps with

lowering blood pressure	fighting cancers and	hair health
and cholesterol	fatty liver disease	heart health
blood sugar control and	blood circulation	boosting the immune
diabetes	digestive health	system
building bone tissue	eye health and vision	skin/age/blemish spots

## Nectarines

- \* very low in Saturated Fat, Cholesterol and Sodium
- \* good source of Vitamin C-13%
- \* source of Dietary Fiber-2g, Vitamin A-9%, Niacin-8%, Potassium-8%, Copper-6%, Vitamin E-6%, Manganese-4%, Phosphorus-4%, Vitamin K-4%, Magnesium-3%, Pantothenic Acid-3%, Thiamin-3%, Folate-2%, Iron-2%, Riboflavin-2%, Vitamin B6-2%, Zinc-2% and Calcium-1%

The bad: A large portion of the calories in this food come from sugars.

The good: High in antioxidants and helps with

fighting and preventing cancers	boosting the immune system	protein synthesis and metabolism
strengthening nerve and cellular health and function	obesity issues like diabetes and heart disease	skin health and protecting skin from damage/UV rays
digestion	pregnancy/mother and baby health	
improving eye health		

## Peaches

- \* very low in Saturated Fat, Cholesterol and Sodium
- \* good source of Vitamin C-19%
- \* source of Dietary Fiber-3g, Protein-2g, Vitamin A-11%, Potassium-10%, Niacin-7%, Copper-6%, Vitamin E-6%, Vitamin K-6%, Magnesium-4%, Manganese-5%, Phosphorus-4%, Pantothenic Acid-3%, Riboflavin-3%, Thiamin-3%, Folate-2%, Iron-2%, Vitamin B6-2%, Zinc-2% and Calcium-1%

The bad: A large portion of the calories in this food come from sugars.

The good: High in antioxidants and helps with

boosting anti-aging agents	digestive health	improving the nervous system
blood stasis	electrolyte balance	neurodegenerative diseases
bone and teeth health	eye health and vision	obesity
fighting cancer	hypokalemia	skin care
cellular health	boosting the immune system	
lowering cholesterol	inflammation	
body detox	muscular tissue health	



## Pears

- \* very low in Saturated Fat, Cholesterol and Sodium
- \* very good source of Dietary Fiber-5g
- \* source of Vitamin C-10%, Vitamin K-8%, Copper-6%, Potassium-5%, Manganese-4%, Folate-3%, Magnesium-3%, Phosphorus-2%, Riboflavin-2%, Vitamin B6-2%, Calcium-1%, Iron-1%, Niacin-1%, Thiamin-1%, and Vitamin A-1%

The bad: A large portion of the calories in this food come from sugars.

The good: Helps with

lowering blood pressure and cholesterol	constipation cooling	inflammation osteoporosis
preventing cancer colon health	energy fever	pregnancy shortness of breath
fighting the common cold	boosting the immune system	throat problems vocal chords

Pears target the health and function of the womb and cervix of the female – they look just like these organs. There are over 14,000 photolytic chemical constituents of nutrition in pears, but modern science has only studied and named about 141 of them.)



## Pitanga (Surinam-Cherry)

- \* very low in Cholesterol and Sodium
- \* very good source of Vitamin C-76% and Vitamin A-52%
- \* Magnesium-5%, Potassium-5%, Riboflavin-4%, Niacin-3%, Thiamin-3%, Calcium-2%, Iron-2% and Phosphorus-2%

The bad: A large portion of the calories in this food come from sugars.

The good: Has anti-bacterial, anti-fungal, anti-infective, anti-microbial, anti-septic, anti-stringent, anti-tumor and anti-viral properties, high in antioxidants and helps with

lowering blood pressure, cholesterol and uric acid levels (leaves)	eye infections (bark) fighting infection/disease gastro-intestinal issues (fruit & bark)	lung health oral health reducing pain (oil from leaves)
colds (fruit & leaves) diarrhea (fruit & bark) edema (bark)	gout (fruit & bark) hypertension (bark) inflammation	reversing damage by free radicals

## Plantains

- \* very low in Saturated Fat, Cholesterol and Sodium
- \* very good source of Vitamin C-45%, Vitamin A-33%, Vitamin B6-22% and Potassium-21%
- \* good source of Dietary Fiber-3g, Protein-2g, Magnesium-14%, Folate-8%, Copper-6%, Iron-5%, Niacin-5%, Phosphorus-5%, Riboflavin-5%, Thiamin-5% and Pantothenic Acid-4%
- Cooked - Dietary Fiber-5g, Protein-2g, Vitamin C-36%, Vitamin A-36%, Potassium-27% and Vitamin B6-24%

The bad: A large portion of the calories in this food come from sugars.

The good: Helps with

anemia	diuretic	heart rate
lowering blood pressure	energy	kidney/bladder problems
cardiac protection	fighting infection	menstrual discomfort
colon health	free radicals	neuritis
constipation	coronary artery disease and stroke	pregnancy health
		skin health

## Plums

- \* very low in Saturated Fat, Cholesterol and Sodium
- \* good source of Vitamin C-26%
- \* source of Dietary Fiber-2g, Vitamin K-13% Vitamin A-11%, Potassium-7%, Copper-5%, Manganese-4%, Magnesium-3%, Niacin-3%, Phosphorus-3%, Riboflavin-3%, Thiamin-3%, Iron-2%, Pantothenic Acid-2%, Vitamin E-2% and Calcium-1%
- Dried(Prunes) - Dietary Fiber-12g, Vitamin A-27%, Calcium-7%, Iron-9% and Vitamin C-2%

The bad: A large portion of the calories in this food come from sugars.

The good: High in antioxidants, helps with

anemia	constipation	obesity issues like
boosting anti-aging agents of the brain and body	digestion	cholesterol
blood circulation	eye health	problems, diabetes and heart disease
fighting and preventing cancers	boosting the immune system	skin health
		sore throat

## Quinces

- \* very low in Saturated Fat, Cholesterol and Sodium
- \* very good source of Vitamin C-23%
- \* good source of Dietary Fiber-2g, Copper-5%, Potassium-5%, Calcium-3%, Iron-3%, Riboflavin-1%, Vitamin A-1% and Vitamin B6-1%

The bad: A large portion of the calories in this food come from sugars.

The good: Helps with

preventing allergic reactions, cancer and gastrointestinal diseases	and cholesterol stimulating circulation improving digestive health	boosting immune system strength soothing inflammation skin health
lowering blood pressure	hair health	weight loss

## Raspberries

- \* very low in Saturated Fat, Cholesterol and Sodium
- \* very good source of Dietary Fiber-8g, Protein-2g, Vitamin C-54% and Manganese-41%
- \* source of Vitamin K-12%, Magnesium-7%, Copper-6%, Folate-6%, Vitamin E-5%, Iron-5%, Potassium-5%, Niacin-4%, Pantothenic Acid-4%, Phosphorus-4%, Niacin-4%, Calcium-3%, Riboflavin-3%, Thiamin-3%, Vitamin B6-3%, Zinc-3% and Vitamin A-1%

The bad: A large portion of the calories in this food come from sugars.

The good: Helps with

protecting against bacterial and fungal infections and cancer	improving skin health sun protection vision and preventing macular generation	weight loss reducing wrinkles and age spots
promoting good health		
boosting the immune system		
milk production in nursing mothers		
relieving morning sickness		



## Rhubarb

- \* low in Saturated Fat and Sodium and very low in Cholesterol
- \* very good source of Vitamin K-31% and Vitamin C-12%,
- \* good source of Manganese-9%, Calcium-8%, Potassium-7%, Magnesium-2%, Folate-1% and Vitamin A-1%

The good: Helps with

preventing Alzheimer's disease, cancer, macular degeneration and neuronal damage	strengthening bone growth and repair constipation improving digestion protects against heart conditions	strengthening metabolism increasing production of red blood cells skin health weight loss
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Rhubarb also specifically targets bone strength. Bones are 23% sodium, and rhubarb is 23% sodium. If you don't have enough sodium in your diet, the body pulls it from the bones, thus making them weak, so rhubarb replenishes the skeletal needs of the body.

## Sapodilla

- \* low in Saturated Fat and very low in Cholesterol and Sodium
  - \* very good source of Dietary Fiber-13g and Vitamin C-59%
  - \* Potassium-13%, Iron-11%, Copper-10%, Folate-8%, Magnesium-7%, Pantothenic Acid-6 %, Calcium-5%, Vitamin B6-4%, Phosphorus-3%, Riboflavin-3%, Vitamin A-3%, Niacin-2%, Selenium-2% and Zinc-2%
- The bad: A large portion of the calories in this food come from sugars.

The good: Helps with

strengthening bones preventing cancers, especially mouth, colon and lung cancers cold and cough constipation and diarrhea increasing energy	eye health boosting the immune system inflammation kidney stones mental disorders, sleeplessness, panic disorders, and depression	morning sickness pregnancy skin health stress and exhaustion
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### Sapotes(marmalade plum)



- \* very low in Cholesterol and Sodium
- \* very good source of Dietary Fiber-6g, Protein-5g and Vitamin C-75%
- \* good source of Potassium-22%, Niacin-20%, Vitamin A-18%, Magnesium-17% and Iron-13%
- \* Calcium-9%, Phosphorus-6%, Riboflavin-3% and Thiamin-2%

### Soursop (graviola)



- \* low in Sodium, and very low in Saturated Fat and Cholesterol
- \* very good source of Dietary Fiber-30% and Vitamin C-77%,
- \* good source of Protein-2g, Potassium-18%, Magnesium-12%, Thiamin-11%, Copper-10%, Riboflavin-10%, Folate-8%, Iron-8%, Vitamin B6-7%, Pantothenic Acid-6%, Calcium-3%, Selenium-2% and Zinc-2%

The bad: A large portion of the calories in this food come from sugars.

The good: Helps with

preventing growth of bacteria, parasites and viruses	and roots) colon health	boosting the immune system
lowering blood sugar (leaves and roots)	diabetes (leaves and roots)	preventing heart disease, nerve disease and osteoporosis
bone health	diarrhea	
fighting cancer (leaves	dysentery	
	increasing energy	
	reducing fevers	

### Tamarinds



- \* very low in Saturated Fat, Cholesterol and Sodium
- \* very good source of Dietary Fiber-6g, Thiamin-34% and Magnesium-28%
- \* Potassium-22%, Iron-19%, Phosphorus-14%, Niacin-12 %, Riboflavin-11%, Calcium-9%, Vitamin C-7%, Copper-5%, Vitamin-B6-4% and Vitamin K-4%

The bad: A large portion of the calories in this food come from sugars.

The good: Helps with

blood circulation	eye health	improving nerve function
preventing cancer	reducing fevers	relieving pain
lowering cholesterol	heart health	treating piles
constipation	boosting the immune system	healing skin conditions
diabetes		weight loss
improving digestive system	reducing inflammation	

## Watermelon

\* very low in Saturated Fat, Cholesterol and Sodium

\* very good source of Vitamin C-21% and Vitamin A-18%,

\* good source of Potassium-5%, Magnesium-4%, Copper-3%, Manganese-3%, Pantothenic Acid-3%, Thimin-3%, Vitamin B6-3%, Iron-2%, Phosphorus-2%, Riboflavin-2% and Calcium-1%

The bad: A large portion of the calories in this food come from sugars.

The good: Helps with

asthma

arthritis

bladder problems

lowering cholesterol

constipation

fluid retention

heart attack

itchiness

fighting prostate cancer

skin blemishes



# The Nutrition of Vegetables

## Nutrient-Packed Veggies

### Arugula

- \* low in Saturated Fat, and very low in Cholesterol and Sodium
- \* very good source of **Vitamin K-116%**, Vitamin A-40%, Vitamin C-21%, Folate-20%, Calcium-14% and Manganese-14%
- \* good source of Dietary Fiber-2g, Protein-3g, Magnesium-10%, Potassium-9%, Iron-6% and Phosphorus-4%

The good: High in anti-oxydents and helps with

strengthening bones and teeth	cell metabolism and health	reducing mental defects in newborns
slowing brain decline	energy production	premature aging
preventing cancers, especially breast, cervical, colon and ovarian cancers	preventing heart disease	making red blood cells
	boosting the immune system	improving vision
		weigh loss

### Broccoli

- \* low in Saturated Fat, and very low in Cholesterol
- \* very good source of Dietary Fiber-2g, Protein-3g and **Vitamin K-115%**
- \* good source of Folate-14%, Manganese-9%, Potassium-8%, Vitamin B6-8%, Phosphorus-6%, Riboflavin-6%, Pantothenic Acid-5%, Magnesium-4%, Thiamin-4%, Vitamin E-4%, Niacin-3% and Selenium-3%
- Cooked - Vitamin A-24%, **Vitamin C-84%**, Calcium-3%, Iron-3%,
- Raw - Vitamin A-11%, **Vitamin C-134%**, Calcium-5%, Iron-5%

The good: Helps with

anemia	detox	preventing Lou Gehrig's disease
bone-building	digestive system	skin health
birth defect	eye disorders	protects sperm
lowering cholesterol	heart disease	stomach disorders
fighting breast and prostate cancers	boosting the immune system	tumors

Packed with vitamins and nutrients, broccoli is high in fiber and has more protein than other vegetables, which helps you feel full.

## Brussels sprouts



- \* low in Saturated Fat, and very low in Cholesterol
- \* very good source of Dietary Fiber-3g, Protein 3g, **Vitamin K-195%** and **Vitamin C-125%**
- \* good source of Manganese-15%, Folate-13%, Vitamin A-13%, Potassium-10%, Vitamin B6-10%, Thiamin-8%, Iron-7%, Phosphorus-6%, Magnesium-5%, Riboflavin-5%, Calcium-4%, Vitamin E-4%, Copper-3% and Niacin-3%

The good: Helps with  
improving bone health      managing diabetes      looking younger  
fighting cancer              boosting eye health

Packed with vitamins and nutrients, Brussels sprouts are high in fiber and have more protein than other vegetables, which helps you feel full.

## Cabbage/Red Cabbage



- \* very low in Saturated Fat and Cholesterol
- \* very good source of Dietary Fiber-2g, Vitamin C-54%/85% and Vitamin K-85%/42%
- \* good source of Vitamin A-2%/20%, Manganese-7%/11%, Vitamin B6-6%/9%, Potassium-4%/6%, Calcium-4%, Folate-10%/4%, Iron -2%/4%, Magnesium-3%/4%, Thiamin-4%, Phosphorus-2%/3% and Niacin-2%

The good: Helps the body not store fat and helps with  
anemia                              boosting digestive and              stomach tracts  
breast engorgement              immune systems                      skin wounds  
fighting cancer                      cleansing intestinal and              weight-loss



## Carrots

\* very low in Saturated Fat and Cholesterol

\* very good source of Dietary Fiber-4g, **Vitamin A-428%** and Vitamin K-21%

\* good source of Potassium-12%, Manganese-9%, Vitamin B6-9%, Folate-6%, Niacin-6%, Thiamin-6%, Calcium-4%, Magnesium-4%, Phosphorus-4%, Riboflavin-4%, Vitamin E-4%, Copper-3%, Pantothenic Acid-3%, Iron-2% and Zinc-2%

Cooked - **Vitamin A-384%**, Vitamin C-12%,

Raw - **Vitamin A-428%**, Vitamin C-13% Iron-2%

Juice - **Vitamin A-452%**, Vitamin C-17% Iron-3%, Calcium-3%

The bad: A large portion of the calories in this food come from sugars.

The good: Helps with

acidosis	congestion	inflammation
acne	constipation	boosting immunity
anemia	emphysema	nursing mothers
relieving arthritic pain	eyes (greatly enhances	pregnancy
asthma	blood flow to the	skin problems
atherosclerosis	eyes and improves	thread worms
fighting cancer	eye function)	ulcers
lowering cholesterol	fertility	water retention

## Chicory

\* low in Saturated Fat, and very low in Cholesterol and Sodium

\* very good source of **Vitamin K-108%** and Vitamin A-33%

\* source of Dietary Fiber-1g, Vitamin C-12%, Folate-8%, Manganese-6%, Copper-4%, Calcium-3%, Pantothenic Acid-3%, Potassium-3%, Vitamin E-3%, Magnesium-2%, Riboflavin-2% and Vitamin B6-2%

The bad: A large portion of the calories in this food come from sugars.

The good: Helps with

decreasing arthritic pain	detoxifying the liver	boosting the immune
preventing bacterial	and gallbladder	system
infections and	digestion problems	protecting against
cancer	preventing heartburn	kidney stones
constipation	reducing heart disease	weight loss

## Collards

- \* low in Saturated Fat, and very low in Cholesterol
- \* very good source of **Vitamin K-230%**, Vitamin A-48%, Vitamin C-21%,
- \* good source of Dietary Fiber-1g, Protein-1g, Folate-15%, Calcium-5%, Manganese-5%, Vitamin E-4%, Riboflavin-3%, Vitamin B6-3% and Potassium-2%

The good: Helps with

building strong bones	fighting cancers and	boosting the immune
protecting against	inflammatory	system
cardiovascular	diseases	lung health
problems	lowering cholesterol	menopause
	detox	loss of mental functions

## Dandelion greens

- \* low in Saturated Fat, Cholesterol and Sodium
- \* very good source of **Vitamin K-535%**, **Vitamin A-112%** and Vitamin C-49%
- \* good source of Dietary Fiber-2g, Protein-2g, Calcium-10%, Iron-9%, Manganese-9%, Vitamin E-9%, Riboflavin-8%, Thiamin-7%, Vitamin B6-7%, Potassium-6%, Copper-5%, Magnesium-5%, Folate-4%, Phosphorus-4%, Niacin-2% and Zinc-2%

The bad: A large portion of the calories in this food come from sugars.

The good: High in antioxidants, has germicidal, insecticidal and fungicidal properties, and helps with

acne	detox/diuretic	liver and gallbladder
anemia	diabetes and insulin	disorders
blood pressure	levels	skin health
bone strength/health	digestion	urinary disorders
fighting cancer	jaundice	weight loss
constipation		



Endive 

- \* low in Saturated Fat, and very low in Cholesterol and Sodium
- \* very good source Vitamin **K-144%**, Vitamin A-22% and Folate-18%
- \* good source of Choline-17 mg, Dietary Fiber-2g, Manganese-10%, Vitamin C-6%, Pantothenic Acid-4%, Potassium-4%, Calcium-2%, Copper-2%, Iron-2%, Magnesium-2%, Phosphorus-2% Riboflavin-2%, Thiamin-2%, and Vitamin E-2%

The good: Helps with

preventing Alzheimer's	fighting cancer/anemia	heart health
asthma and lung health	constipation	liver/gall bladder
preventing birth defects	digestive health	skin health and acne
bone/teeth health	eye problems and vision	weight-loss

Kale 

- \* low in Saturated Fat, and very low in Cholesterol
- \* very good source of Dietary Fiber-2g, Protein-2g and **Vitamin K-684%**
- \* good source of Manganese-26%, Copper-10%, Calcium-9%, Potassium-9%, Vitamin B6-9%, Iron-6% Magnesium-6%, Folate-5%, Thiamin-5%, Riboflavin-5%, Niacin-3% and Zinc-2%

Cooked - **Vitamin A-165%** and Vitamin C-70%

Raw - **Vitamin A-206%** and **Vitamin C-134%**

The good: High in antioxidants and helps with

fighting breast, colon	lowering cholesterol	reducing heart disease
and lung cancers	detox	inflammatory diseases
protecting against	diabetes and blood sugar	menopause
cataracts	emphysema/lung health	vision and eye health

Mung bean sprouts 

- \* very low in Saturated Fat, Cholesterol and Sodium
- \* very good source of Vitamin K-43%, Vitamin C-23% and Folate-16%
- \* good source of Dietary Fiber-2g, Protein-3g, Manganese-10%, Copper-9%, Riboflavin-8%, Phosphorus-6%, Thiamin-6%, Iron-5%, Magnesium-5%, Vitamin B6-5%, Niacin-4% and Potassium-4%

The good: Helps with

anemia	strengthening hair/nails	skin anti-aging effect
cardiovascular health	liver health	stress/tiredness
constipation	menopause	

Mustard greens 

- \* low in Saturated Fat and Sodium, and very low in Cholesterol
- \* very good source of **Vitamin K-922%**, Vitamin A-96% and Vitamin C-47%
- \* good source of Dietary Fiber-3g, Protein-3g, Copper-22%, Manganese-19%, Calcium-17%, Vitamin E-17%, Phosphorus-8%, Vitamin B6-8%, Iron-7%, Riboflaven-7%, Potassium-6%, Magnesium-5%, Thiamin-5%, Niacin-4%, Folate-3% and Pantothenic Acid-3%

The good: Helps with

antioxidant defense	reducing cell damage	inflammation
asthma	from oxidative stress	lung health
strengthening bones and teeth	detoxifying the body	metabolism
protecting against cancer	eye health	skin health
lowering cholesterol	heart disease	weight loss
	boosting the immune system	

Peppers, sweet, green/red/yellow 

- \* very low in Saturated Fat, Cholesterol and Sodium
- \* very good source of **Vitamin C-200%**
- \* good source of Dietary Fiber-3g, Vitamin B6-17%, Vitamin K-14%, Vitamin A-11%, Manganese-9%, Potassium-7%, Thiamin-6%, Copper-5%, Folate-4%, Niacin-4%, Magnesium-4%, Iron-3%, Phosphorus-3% and Vitamin E-3%

Raw - Vitamin A-9%/75%/5%, **Vitamin C-180%/300%/380%**

Sauteed - Vitamin A-10%/50%, **Vitamin C-335%/320%**

The bad: A large portion of the calories in this food come from sugars.

The good: Helps as anti-bacterial/anti-fungal agent, and helps with

increasing anti-aging agents	cholesterol	nose bleeding
protects against atherosclerosis	cold feet	optical system
blood clots	boosting the digestive system and the	pain relief
fighting cancers	immune system	respiratory problems
	metabolism	sore throat

## Spinach

- \* low in Saturated Fat, and very low in Cholesterol
- \* very good source of **Vitamin K-493%**, Manganese-42% and Folate-33%
- \* good source of Dietary Fiber-1g, Protein-3g, Magnesium-19%, Copper-17%, Riboflavin-16%, Vitamin B6-13%, Potassium-12%, Vitamin E-12% Phosphorus-7%, Thiamin-7%, Zinc-6%, Choline-4%, Omega 3s-4% and Niacin-3%

Raw - Vitamin A-47%, Vitamin C-32%, Iron-15% and Calcium-9%,  
Cooked - Vitamin A-52%, Vitamin C-12%, Iron-18% and Calcium-12%  
The bad: This food is high in Sodium.

The good: Helps with

acidosis	blood vessel issues	digestive tract issues
anemia	bones and teeth	eye problems
atherosclerosis	brain health	inflammation
bleeding gums	fighting cancer,	osteoporosis
lowering blood pressure and cholesterol	especially prostate cancer	pregnancy/lactation

## Sweet Potato

- \* low in Saturated Fat, and very low in Cholesterol and Sodium
- \* very good source of Dietary Fiber-7g , **Vitamin A-214%**, Vitamin C-52%, Manganese-50%, Copper-36%, Pantothenic Acid-35%, Vitamin B6-34%, Biotin-29% and Potassium-27%
- \* good source of Niacin-19%, Thiamin-18%, Riboflavin-16% and Phosphorus-15%

The good: High in antioxidants, antibacterial and antifungal properties, and helps with

regulation blood sugar	lowering health risk	inflammation
balancing the glycemic index of diabetics	from heavy metals and oxygen radicals	throughout the body



## Swiss Chard



- \* low in Saturated Fat, and very low in Cholesterol
- \* very good source of **Vitamin K-374%**, Vitamin A-44% and Vitamin C-18%
- \* good source of Dietary Fiber-1g and Vitamin E-3%

The good: Helps with

lowering blood pressure	cancer prevention	fevers
regulating blood sugar levels	circulation	heart disease
bone strength and development	body detox	boosting the immune system
brain function	improving digestion	
	eye health/reducing eye and vision problems	

## Turnip/Turnip Greens



- \* very low in Cholesterol and Sodium
- \* very good source of Vitamin K-0%/**260%**, Vitamin A-0%/**190%**, Vitamin C-31%/85%
- \* good source of Manganese-6%/20%, Potassium-5%/7% Copper-4%/15%, Calcium-3%/15%, Magnesium-3%/5%, Phosphorus-3%/3%, Vitamin B6-2%/10%, Thiamin-1%/4%, Niacin-1%/3%, Iron-.5%/4%, Riboflavin-.5%/4%, Zinc-.5%/2% and Selenium-0%/2%

The good: Helps with

lowering blood pressure	and pancreatic	inflammation
stabilizing blood sugar	cancers	boosting the immune system
fighting cancer, especially melanoma, esophageal, prostate	constipation	lowering oxidative stress
	digestive health	scavenging free radicals
	diverticulitis	
	eye health and vision	



## Watercress



\* low in Saturated Fat, and very low in Cholesterol

\* very good source of **Vitamin K-265%**, Vitamin C-61% and Vitamin A-54%

\* good source of Dietary Fiber-1g, Calcium-10%, Manganese-10% and Potassium-8%

The good: High in anti-oxidants and helps with

anemia	cellular protection	eye health
aphrodisiac effect	preventing cognitive decline	hair health
blood glucose		heart health
bones and teeth	cough	inflammation
fighting cancer, especially breast and colorectal cancers	depression	pregnancy
	detox	skin health
	digestion	preventing strokes
	DNA protection	thyroid health

## Wheatgrass



\* low in Saturated Fat, and very low in Sodium and Cholesterol

\* good source of Iron-10% and Vitamin C-7%

The good: Helps with

acidosis	body building	boosting immunity
preventing Alzheimer's	fighting cancer	inflammation
anemia	candidiasis	premature aging
athletes foot	constipation and diarrhea	tooth decay
bad breath/body odor	detox	weight control
lowering blood pressure	diabetes	healing wounds

## Other Vegetables

### Alfalfa sprouts



\* low in Saturated Fat, and very low in Cholesterol and Sodium

\* good source of Vitamin K-13%

\* source of Dietary Fiber-1g, Protein-1g, Vitamin C-5%, Copper-3%, Folate-3%, Manganese-3%, Iron-2%, Magnesium-2%, Pantothenic Acid-2%, Riboflavin-2%, Phosphorus-2%, Thiamin-2% and Zinc-2%

The bad: A large portion of the calories in this food come from sugars.

The good: Helps with

arthritis	fighting cancer by anti-	intestinal ulcers
preventing excessive	oxidants, especially	healthy muscles
bleeding	leukemia	osteoporosis
lowering blood pressure	heart disease	short-sightedness
and cholesterol	boosting the immune	skin health
bone building	system	

### Artichoke



\* very low in Saturated Fat and Cholesterol

\* very good source of Dietary Fiber-7g and Protein-4g

\* source of Vitamin C-25%, Vitamin K-24%, Folate-22%, Magnesium-19%, Manganese-16%, Copper-15%, Potassium-14%, Phosphorus-12%, Iron-9%, Niacin-7%, Vitamin B6-7%, Calcium-6%, Thiamin-6%, Riboflavin-5%, Pantothenic Acid-4% and Zinc-4%

The good: Helps with

preventing birth defects	diarrhea	eliminating hangovers
brain/cognitive function	digestion	boosting the immune
lowering blood pressure	protecting against	system
and bad cholesterol	arthersclerosis,	indigestion
increasing good	breast and prostate	Irritable Bowel Syndrome
cholesterol	cancers, diabetes,	liver health
constipation	heart attack,	metabolism
detoxifying the body	leukemia and stroke	urination

## Asparagus



- \* low in Saturated Fat, and very low in Cholesterol and Sodium
- \* very good source of Dietary Fiber-3g, Protein-3g, Vitamin K-70% and Vitamin A-20%
- \* good source of Folate-17%, Iron-16%, Copper-13%, Thiamin-13%, Vitamin C-13%, Manganese-11%, Riboflavin-11%, Potassium-8%, Vitamin E-8%, Niacin-7%, Phosphorus-7%, Vitamin B6-6%, Magnesium-5%, Zinc-5%, Pantothenic Acid-4%, Selenium-4% and Calcium-3%

The good: Helps with

acidity of the blood,	fighting cancer	heart disease
arthritis, especially	cataracts	kidney health
rheumatism	diabetes/hypoglycemia	pms symptoms
bowel movement	diuretic	pregnancy

## Beans, green



- \* low in Saturated Fat, and very low in Cholesterol and Sodium
- \* good source of Dietary Fiber-4g, Protein-2g, Vitamin C-30%, Vitamin K-20% and Vitamin A-15%
- \* source of Manganese-12%, Folate-10%, Magnesium-7%, Potassium-7%, Riboflavin-7%, Iron-6%, Thiamin-6%, Calcium-4%, Niacin-4%, Phosphorus-4%, Vitamin B6-4%, Vitamin E-2% and Zinc-2%

The bad: A large portion of the calories in this food come from sugars.

The good: Helps with

acid reflux	digestion	boosting the immune system
reducing birth defects	eye health	
bone health	eliminating harmful free radicals	pregnancy/fetal development
bowel movements		
fighting colon cancer	reducing heart disease	ulcers
constipation	hemorrhoids	
diabetes/hypoglycemia		

⇒ Advisory: Phytic acid in green beans can cause nutrient deficiencies if too many are eaten.

## Beets



\* very low in Saturated Fat and Cholesterol

\* very good source of Dietary Fiber-4g, Protein-2g, Folate-37% and Manganese-22%

\* good source of Potassium -13%, Vitamin C-11%, Magnesium-8%, Iron-6%, Copper-5%, Phosphorus-5%, Vitamin B6-5%, Riboflavin-3%, Thiamin-3%, Zinc-3%, Calcium-2%, Niacin-2% and Pantothenic Acid-2%

The good: Helps with

acidosis	constipation	gastric ulcer
anemia	dandruff	liver/bile
atherosclerosis	detoxifying the body	varicose veins
blood pressure	gall bladder and kidneys	
fighting cancer	gout	

## Cauliflower



\* low in Saturated Fat, and very low in Cholesterol

\* very good source of Dietary Fiber-3g, Vitamin C-73%, Vitamin K-19%, Folate-14%, Pantothenic Acid-13%, Vitamin B6-12% and Choline-11%

\* Omega 3s-9%, Manganese-8%, Phosphorus-6%, Potassium-5%, Riboflavin-5%, Thiamin-4%, Magnesium-3% and Niacin-3%

The bad: A large portion of the calories in this food come from sugars.

The good: High in antioxidants and helps with

healthy blood circulation	balancing electrolytes	preventing
bone, brain and cellular health	eye health and macular degeneration	inflammation
fighting against cancer, especially colon cancer	hypertension	neurodegenerative diseases
	boosting the immune system	obesity
cholesterol levels	indigestion and	respiratory
colitis	stomach disorders	papillomatosis
detoxing the body	pregnancy and fetal development	ultraviolet radiation
diabetes		

Packed with vitamins and nutrients, cauliflower is high in fiber and has more protein than other vegetables, which helps you feel full.



## Celery

- \* low in Saturated Fat, and very low in Cholesterol
  - \* good source of Vitamin K-33%, Dietary Fiber-2g and Molybdenum-11%
  - \* source of Folate-9%, Potassium-8%, Manganese-5%, Pantothenic Acid-5%, Riboflavin-5%, Calcium-4%, Copper-4%, Vitamin B6-4%, Vitamin C-4%, Magnesium-3%, Phosphorus-3% and Vitamin A-3%
- The bad: This food is high in Sodium.

The good: Helps with

acidity	fighting cancer,	kidney function
athletes	especially colon and	nervous system
lowering blood pressure	stomach cancers	breaking up urinary
and cholesterol	constipation	stones
bone health	diuretic	weight-loss

Celery also specifically targets bone strength. Bones are 23% sodium and celery is 23% sodium. If you don't have enough sodium in your diet, the body pulls it from the bones, thus making them weak. Celery refills the skeletal needs of the body, and celery root helps lower arthritis and joint inflammation.



## Chili Peppers, dried (2 tsp)

- \* low in Saturated Fat, and very low in Cholesterol and Sodium
- \* source of Vitamin E-14%, Vitamin A-9%, Copper-6%, Vitamin B6-6%, Vitamin K-6%, Iron-5%, Manganese-5%, Folate-4%, Niacin-4%, Riboflavin-4%, Potassium-3% and Magnesium-2%

The good: Helps with

anemia	heart health
lowering blood	boosting the immune
pressure and	system
cholesterol	fighting inflammation
fighting cancer,	relieving pain
prostate cancer	preventing stomach
clearing congestion	ulcers
lowering risk of type 2	weight loss
diabetes	

The capsaicin in these peppers can reduce appetite and help the body burn fat for people who don't regularly eat spicy food.



## Cucumber



- \* low in Saturated Fat, and very low in Cholesterol and Sodium
- \* good source of Vitamin K-19%, Molybdenum-12%, Pantothenic Acid-5%, Copper-4%, Manganese-4%, Phosphorus-4%, Potassium-4%, Vitamin C-4%, Biotin-3%, Magnesium-3% and Thiamin-3%

The good: Helps with

acidity	cooling body	puffy eyes
blood pressure	temperature	skin conditions and
building connective	diuretic	sunburn
tissue	hair growth	water retention
	inflammation	

The vitamin C and antioxidants in the cucumber makes it an important ingredient in many beauty creams for treating eczema, psoriasis, and acne.

## Eggplant



- \* low in Saturated Fat, and very low in Cholesterol and Sodium
- \* good source of Dietary Fiber-3g, Manganese-11%, Potassium-6%, Folate-4%, Copper-3%, Vitamin B6-3%, Vitamin C-3%, Vitamin K-3% and Magnesium-2%

The good: Helps with

anemia	preventing cancer and	improving heart health
bone strength	birth defects	preventing osteoporosis
lowering blood pressure	managing diabetes	reducing stress
and cholesterol	protecting the digestive	
brain function	system	

Eggplant targets the health and function of the womb and cervix of the female - they look just like these organs. There are over 14,000 photolytic chemical constituents of nutrition eggplants.



Garlic – 2 cloves 

\* very low in Saturated Fat, Cholesterol and Sodium

\* source of Manganese-5%, Vitamin B6-4%, Copper-2%, Selenium-2%, Vitamin C-2%, Calcium-1%, Phosphorus-1% and Thiamin-1%

The good: Has antibacterial and antiviral properties and helps with

lowering blood pressure and cholesterol	detox diabetes	inflammation throughout the body
preventing coagulation and cancers, especially stomach and colon	encephalitis fungal infections gas heart health	improving the processing of iron peptic ulcer toxicity
common cold	hypertension	

Chopping or crushing garlic releases its health benefits, so to get the most out of garlic, let it sit at least 5 minutes after chopping or crushing it.

Ginger – 1 tsp (2 g) 

\* very low in Saturated Fat, Cholesterol and Sodium

\* source of water-1.6 g

The good: Helps with

aphrodisiac effect	ovarian cancers	inflammation
arthritic pain and inflammation	digestive disorders gas	menstruation disorders morning sickness
common cold and cough	fatigue impotency	relieving nausea and motion sickness
protecting against colorectal and	boosting the immune system	pain killer

Leeks 

\* low in Saturated Fat and Sodium, and very low in Cholesterol

\* good source of Vitamin K-29%, Manganese-13%, Copper-7%, Vitamin B6-7%, Folate-6%, Iron-6%, Vitamin C-6%, Vitamin A-5%, Magnesium-4%, Calcium-3%, Omega 3s-3% and Vitamin E-3%

The good: Helps with

anemia	protecting blood cells and blood vessels	digestive system inflammation
antiseptic	lowering blood pressure and cholesterol	nervous system purifying action/detox
aphrodisiac		
balsamic action		



### Lettuce, romaine

- \* low in Saturated Fat and Sodium, and very low in Cholesterol
- \* very good source of Vitamin K-53% and Vitamin A-22%
- \* good source of Folate-16%, Molybdenum-7%, Manganese-4%, Potassium-4%, Copper-3%, Iron-3%, Thiamin-3%, Calcium-2%, Magnesium-2%, Phosphorus-2%, Vitamin B6-2% and Vitamin C-2%

The good: Helps with

anemia	improving bone health	hydration
building anti-oxidant defense	constipation	purifying/detox
	cough	sedation



### Olives – 1/2 cup

- \* good source of Dietary Fiber-2g, Copper-19%, Iron-12%, Vitamin A-8% and Vitamin E-7%

The good: Acts as an anti-histamine and helps with

allergies	strengthening the cardio-vascular system,	system, and
lowering blood pressure and cholesterol	digestive system,	respiratory system
fighting cancer and heart disease	immune system,	the health and function of the ovaries
protecting cells from oxidative damage	inflammatory system, musculoskeletal system, nervous	osteoporosis



### Onion – 1 oz.

- \* very low in Saturated Fat, Cholesterol and Sodium
- \* source of Vitamin C-2%, Folate-1%, Manganese-1%, Potassium-1% and Vitamin B6-1%

The good: Helps with

anemia	constipation/flatulence	osteoporosis
lowering blood pressure and cholesterol	diabetes	respiratory
protecting against coagulation	detoxing the body	sexual debility
inflammation/septic	ear disorders/ringing	urinary tract infection
preventing colon cancer	hair loss	
	boosting the immune system	

Studies show that onions help remove waste materials from all of the body cells, and they even produce tears to wash the epithelial layers of the eyes.

## Potatoes



- \* low in Saturated Fat, and very low in Cholesterol and Sodium
- \* very good source of Vitamin B6-32%, Potassium-26%, Copper-22% and Vitamin C-22%
- \* good source of Dietary Fiber-2g, Manganese-19%, Phosphorus-17%, Niacin-15% and Pantothenic Acid-13%

The bad: A large portion of the calories in this food come from sugars.

The good: Helps with

athletic performance and endurance	fighting cancer cell formation and communication between cells	depression protecting the heart insomnia
brain cell and nervous system activity		

Potatoes are high in potassium, a nutrient that can lower blood pressure. Boiling potatoes then letting them cool awhile allows them to form large amounts of a fiber-like substance called resistant starch that helps you lose weight.

## Radishes



- \* low in Saturated Fat, and very low in Cholesterol
- \* source of Vitamin C-7%, Folate-2%, Potassium-2% and Vitamin B6-1%

The bad: A large portion of the calories in this food come from sugars.

The good: Helps with

acne	jaundice	skin health
blood pressures	kidney disorders	sleeping disorders
constipation and piles	laxative	stomach health
diabetes	treating leucoderma	urinary tract infections
digestive disorders	liver health	weight loss
diuretic/detoxing	fighting liver disease	
fevers	respiratory issues	



## Rutabaga



\* low in Saturated Fat, and very low in Cholesterol and Sodium

\* very good source of Dietary Fiber-3g, Vitamin C-53%, Potassium-16% and Manganese-15%

\* source of Magnesium-10%, Phosphorus-10%, Thiamin-9%, Vitamin B6-9%, Calcium-8%, Folate-6%, Niacin-6%, Iron-5%, Riboflavin-4%, Zinc-4%, Copper-3%, Pantothenic Acid-3%, Vitamin E-3% and Vitamin K-1%

The bad: A large portion of the calories in this food come from sugars.

The good: Helps with

lowering blood pressure and cholesterol	increasing digestive health	preventing mutation of healthy cells into cancerous cells and premature aging
building strong bones	strengthening eyesight	stimulating healthy regeneration of cells
reducing growth of cancerous tumors	heart health	weight loss
cell and enzyme function	boosting the immune system	
preventing type 2 diabetes	improving metabolism	

## Squash



\* low in Saturated Fat, and very low in Cholesterol and Sodium

\* good source of Vitamin A, Vitamin C, Vitamin E, Thiamin, Pantothenic Acid, Niacin, Vitamin B6, Folate, Calcium, Iron, Phosphorus, Magnesium, Potassium, Copper and Manganese

The bad: A large portion of the calories in many varieties of squash come from sugars.

The good: Helps with

asthma	reducing gastric and duodenal ulcers	inflammation throughout the body
blood circulation	heart health	lung health
bone health	boosting the immune system	preventing neural tube defects
regulating blood sugar		
managing diabetes		
eye health		

When eaten or chewed, the seeds release antiparasitic, antimicrobial and antifungal properties that protect the body from many diseases and parasites.

## Tomatoes



\* very low in Cholesterol

\* very good source of Vitamin C-33%, Biotin-24% and Molybdenum-20%

\* source of Vitamin K-16%, Potassium-12%, Copper-12%, Manganese-11%, Vitamin A-8%, Vitamin B6-8%, Folate-7%, Niacin-7%, Phosphorus-6%, Thiamin-6%, Vitamin E-6%, Magnesium-5%, Chromium-4%, Choline-3%, Iron-3% and Zinc-3%

The bad: This food is very high in Sodium.

The good: Helps with

anemia	especially prostate	heart health
preventing unwanted	cancer	reducing neurological
blood clotting	lowering cholesterol	diseases
bone and teeth health	detoxing the body	skin health
fighting cancer,	digestion	stress/tiredness/fatigue

Lycopene in tomatoes helps improve the skin's ability to protect against harmful UV rays. Tomatoes and avocados are foods that heal the skin by eating them or by applying them as a paste externally. Tomatoes are rich in vitamin A and C, making them helpful for anti-aging skin, skin imperfections and brightens up a dull complexion. To use externally, mix a tomato and an avocado into a paste, apply on face and rinse after 30 minutes.

### **ORAC – antioxidant capacity of foods**

Prunes - 65.52-85.78/g, 2621-3,431/40g

Blueberries - 62.20/g

Blackberries - 53.48/g

Raspberries - 49.25/g

Grape juice - 23.77/g, 4,444/6oz

Pomegranate juice - 23.41/g, 4,377/6oz.

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\* [www.whfoods.com](http://www.whfoods.com)

[www.organicfacts.net](http://www.organicfacts.net)

[www.livestrong.com](http://www.livestrong.com)

[www.healthyeating.sfgate.com](http://www.healthyeating.sfgate.com)