

**This chart is awesome! Everyone can use it. Please pass it on to others.**

***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 stop strokes</b>	<b>Controls blood pressure</b>	<b>Smooths 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>
<b>Lemons</b>	<b>Combats cancer</b>	<b>Protects your heart</b>	<b>Controls blood pressure</b>	<b>Smooths skin</b>  <b>Stops scurvy</b>	
<b>Limes</b>	<b>Combats cancer</b>	<b>Protects your heart</b>	<b>Controls blood pressure</b>	<b>Smooths skin</b>	<b>Stops scurvy</b>
<b>Mangoes</b>	<b>Combats cancer</b>	<b>Boosts memory</b>	<b>Regulates thyroid</b>	<b>Aids digestion</b>	<b>Shields against Alzheimer's</b>
<b>Mushrooms</b>	<b>Controls blood pressure</b>	<b>Lowers cholesterol</b>	<b>Kills bacteria</b>	<b>Combats cancer</b>	<b>Strengthens bones</b>
<b>Oats</b>	<b>Lowers cholesterol</b>	<b>Combats cancer</b>	<b>Battles diabetes</b>	<b>Prevents constipation</b>	<b>Smooths skin</b>
<b>Olive oil</b>	<b>Protects your heart</b>	<b>Promotes Weight loss</b>	<b>Combats cancer</b>	<b>Battles diabetes</b>	<b>Smooths skin</b>

<b>Onions</b>	<b>Reduce risk of heart attack</b>	<b>Combats cancer</b>	<b>Kills bacteria</b>	<b>Lowers cholesterol</b>	<b>Fights fungus</b>
<b>Oranges</b>	<b>Supports immune systems</b>	<b>Combats cancer</b>	<b>Protects your heart</b>	<b>Straightens respiration</b>	
<b>Peaches</b>	<b>Prevents constipation</b>	<b>Combats cancer</b>	<b>Helps stops strokes</b>	<b>Aids digestion</b>	<b>Helps hemorrhoids</b>
<b>Peanuts</b>	<b>Protects against heart disease</b>	<b>Promotes Weight loss</b>	<b>Combats Prostate Cancer</b>	<b>Lowers cholesterol</b>	<b>Aggravates Diverticulitis</b>
<b>Pineapple</b>	<b>Strengthens bones</b>	<b>Relieves colds</b>	<b>Aids digestion</b>	<b>Dissolves warts</b>	<b>Blocks diarrhea</b>
<b>Prunes</b>	<b>Slows aging process</b>	<b>Prevents constipation</b>	<b>Boosts memory</b>	<b>Lowers cholesterol</b>	<b>Protects against heart disease</b>
<b>Rice</b>	<b>Protects your heart</b>	<b>Battles diabetes</b>	<b>Conquers kidney stones</b>	<b>Combats cancer</b>	<b>Helps stops strokes</b>
<b>Strawberries</b>	<b>Combats cancer</b>	<b>Protects your heart</b>	<b>Boosts memory</b>	<b>Calms stress</b>	
<b>Sweet potatoes</b>	<b>Saves your eyesight</b>	<b>Lifts mood</b>	<b>Combats cancer</b>	<b>Strengthens bones</b>	
<b>Tomatoes</b>	<b>Protects prostate</b>	<b>Combats cancer</b>	<b>Lowers cholesterol</b>	<b>Protects your heart</b>	
<b>Walnuts</b>	<b>Lowers cholesterol</b>	<b>Combats cancer</b>	<b>Boosts memory</b>	<b>Lifts mood</b>	<b>Protects against heart disease</b>
<b>Water</b>	<b>Promotes Weight loss</b>	<b>Combats cancer</b>	<b>Conquers kidney stones</b>	<b>Smooths skin</b>	
<b>Watermelon</b>	<b>Protects prostate</b>	<b>Promotes Weight loss</b>	<b>Lowers cholesterol</b>	<b>Helps stops strokes</b>	<b>Controls blood pressure</b>
<b>Wheat germ</b>	<b>Combats Colon Cancer</b>	<b>Prevents constipation</b>	<b>Lowers cholesterol</b>	<b>Helps stops strokes</b>	<b>Improves digestion</b>
<b>Wheat bran</b>	<b>Combats Colon Cancer</b>	<b>Prevents constipation</b>	<b>Lowers cholesterol</b>	<b>Helps stops strokes</b>	<b>Improves digestion</b>
<b>Yogurt</b>	<b>Guards against ulcers</b>	<b>Strengthens bones</b>	<b>Lowers cholesterol</b>	<b>Supports immune systems</b>	<b>Aids digestion</b>