

Vegetables

Item	Good Source of	Benefits
Broccoli	Potassium, Calcium, Iron, Vitamin C and K	Helps boost your immune system, fight cancer, and keeps you from aging as fast.
Carrots	Iron, Calcium, Potassium, Protein, Vitamin A and C	Helps improve your eyesight (mainly your night vision) and protects against cancer.
Asparagus	Calcium, Iron, Fiber, Potassium, Vitamin A, C, K, and B	Helps reduce weight, inflammation, and depression.
Onions	Vitamin C, Fiber, Potassium, Protein, Calcium and Iron	Help boost immunity, reduce inflammation and fight infections.
Spinach	Calcium, Iron, Potassium, Vitamin B, C, E and K	Prevents cancer, protects your eyes from cataracts, and is great for your skin (acne and aging).



Fruits

Item	Good Source of	Benefits
Apples	Protein, Calcium, Iron, Vitamin A and C	Lower cholesterol; reduce your risk of heart disease, stroke and cancer.
Apricots	Fiber, Iron, Potassium, Vitamin A, C and E	Protect your eyes, prevent heart disease, skin cancer, and help relieve constipation.
Bananas	Potassium, Protein, Iron, Vitamin A and C	Lower your risk of high blood pressure and stroke. Bananas help restore normal bowel action.
Blueberries	Vitamin C	Protect against heart disease, stroke, and cancer. Blueberries help prevent Alzheimer's disease.
Red Grapes	Iron, Potassium, Fiber, Calcium, Vitamin C	Help prevent heart disease and cancer.

