

## Benefits of Fruits and Vegetables

Fruit	Benefit	Benefit	Benefit	Benefit	Benefit
<b>Apples</b>	Protects your heart	Prevents constipation	Blocks diarrhea	Improves lung capacity	Cushions joints
<b>Apricots</b>	Combats cancer	Controls blood pressure	Saves your eyesight	Shields against Alzheimers	Slows aging process
<b>Artichokes</b>	Aids digestion	Lowers cholesterol	Protects your heart	Stabilizes blood sugar	Guards against liver disease
<b>Avocados</b>	Battles diabetes	Lowers cholesterol	Helps stop strokes	Controls blood pressure	Smooths skin
<b>Bananas</b>	Protects your heart	Quiets a cough	Strengthens bones	Controls blood pressure	Blocks diarrhea
<b>Beans</b>	Prevents constipation	Helps hemorrhoids	Lowers cholesterol	Combats cancer	Stabilizes blood sugar
<b>Beets</b>	Controls blood pressure	Combats cancer	Strengthens bones	Protects your heart	Aids weight loss
<b>Blueberries</b>	Combats cancer	Protects your heart	Stabilizes blood sugar	Boosts memory	Prevents constipation
<b>Broccoli</b>	Strengthens bones	Saves your eyesight	Combats cancer	Protects your heart	Helps hemorrhoids
<b>Cabbage</b>	Saves your eyesight	Prevents constipation	Promotes weight loss	Protects your heart	Helps hemorrhoids
<b>Cantaloupe</b>	Saves your eyesight	Controls blood pressure	Lowers cholesterol	Combats cancer	Supports immune system
<b>Carrots</b>	Saves your eyesight	Protects your heart	Prevents constipation	Combats cancer	Promotes weight loss