

STRAWBERRY

HEALTH BENEFITS



VITAMIN C POWER!

Juicy Strawberries are packed with essential vitamins, fiber, minerals and health-promoting phytonutrients. One cup (about eight strawberries) contains only eight grams of natural fruit sugar, making strawberries the perfect choice for carb-conscious eaters.

WHY STRAWBERRIES

Excellent Source of Vitamin C. One cup of strawberries contains 90% DV of this important antioxidant vitamin – more than an orange! Vitamin C is important for growth and repair of all body tissues and helps defend against infection and disease.



Good Source of Fiber. A cup of strawberries provides 12% DV of dietary fiber. Foods high in fiber may help reduce the risk of cardiovascular disease, obesity and type 2 diabetes.



Antioxidant Power. In addition to vitamin C, strawberries contain phytonutrients with potent antioxidant activity. Antioxidants help neutralize free radicals that can cause cell damage leading to cancer, heart disease and other age-related conditions.

MANGO

HEALTH BENEFITS



VITAMIN C POWER!

Dubbed the "king of fruits, Mangoes bring an exotic taste of the tropics that's rich in flavor as well as vitamins, fiber and phytonutrients. Here's why frozen mangoes are a healthy addition to your diet:

WHY MANGO'S

Excellent Source of Vitamin C. One cup provides 60 DV of this antioxidant vitamin, which is important for growth and repair of all body tissues and helps defend against infection and disease.



Good Source of other Vitamins. Mangoes also contain vitamin A, essential to healthy vision and skin; vitamin B6, vital to many functions in the body; and folate, which helps the body form red blood cells and reduce the risk of birth defects.



Antioxidant Power. In addition to vitamins C and A, mangoes contain phytonutrients with potent antioxidant properties. Antioxidants help neutralize free radicals that can cause cell damage leading to cancer, heart disease and other age-related conditions.

RASPBERRY

HEALTH BENEFITS



VITAMIN C POWER!

With just 64 calories per cup, Red Raspberries are a delicious and low-calorie way to get your vitamin C, fiber and antioxidants! Raspberries are a significant source of phytonutrients, which provide antioxidant and anti-inflammatory protection against chronic diseases and the effects of aging.

WHY RASPBERRIES

Excellent Source of Vitamin C. One cup of raspberries provides 35% DV of this antioxidant vitamin, which is important for growth and repair of all body tissues and helps defend against infection and disease.



Good Source of Fiber. One cup has 4 grams or 16% DV of fiber. Foods high in fiber may help reduce the risk of cardiovascular disease, obesity and type 2 diabetes.



Antioxidant Power. In addition to vitamin C, raspberries contain phytonutrients with potent antioxidant activity. Antioxidants help neutralize free radicals that can cause cell damage leading to cancer, heart disease and other age-related conditions.

PINEAPPLE

HEALTH BENEFITS



VITAMIN C POWER!

Cancer prevention: Pineapples are rich in antioxidants and vitamin C which can help bolster the body and protect it from cancer. The flavonoids, bromelain, and other antioxidants are important components in cancer prevent, but it's the manganese content that makes pineapples great for cancer prevention.

WHY PINEAPPLES

If you suffer from digestive issues, pineapples may be your stomach's best friend! This fruit is a rich source of both soluble and insoluble fiber which can help protect you from developing constipation, IBS, and diarrhea..



Watch out fluoride, because pineapple makes an impressive impact on oral health – without the toxicity! If you're looking for a natural way to boost your oral health, this tropical fruit may be the answer.



If you suffer from arthritis, pineapple may be able to help! This fruit has been known to reduce overall inflammation, including inflammation associated with joint and muscle pain.

BLUEBERRIES

HEALTH BENEFITS



VITAMIN POWER!

The blueberry's fiber, potassium, folate, vitamin C, vitamin B6 and phytonutrient content, coupled with its lack of cholesterol, all support heart health. The fiber in blueberries helps lower the total amount of cholesterol in the blood and decrease the risk of heart disease.

WHY BLUEBERRIES

Dietary fiber is commonly recognized as an important factor in weight loss and weight management by functioning as a "bulking agent" in the digestive system. High fiber foods increase satiety and reduce appetite, making you feel fuller for longer and thereby lowering your overall calorie intake.



Maintaining a low sodium intake is essential to lowering blood pressure. Blueberries are naturally free of sodium and contain potassium, calcium, and magnesium, all of which have been found to decrease blood pressure naturally.



Because of their fiber content, blueberries help to prevent constipation and promote regularity for a healthy digestive tract..

BANANA

HEALTH BENEFITS



VITAMIN POWER!

Bananas are rich in a fiber called pectin, which gives the flesh its structural form. Unripe bananas contain resistant starch, which acts like soluble fiber and escapes digestion. Both pectin and resistant starch may moderate blood sugar levels after meals, and reduce appetite by slowing stomach emptying

WHY BANANA

For starters, bananas contain relatively few calories. An average banana contains just over 100 calories, yet it is also very nutritious and filling. They are also rich in fiber. Eating more fiber from fruit and vegetables has repeatedly been linked with lower body weight and weight loss



Potassium is essential for blood pressure control and healthy kidney function. As a good dietary source of potassium, bananas may be especially beneficial for maintaining healthy kidneys.



Dietary fiber has been linked to many health benefits, including improved digestion. A medium-sized banana contains about 3 grams of fiber, making bananas a fairly good fiber source

WHEAT GRASS

HEALTH BENEFITS



VITAMIN POWER!

Wheatgrass juice is an effective healer because it contains all minerals known to man, and vitamins A, B-complex, C, E, I and K. It is extremely rich in protein, and contains 17 amino acids, the building blocks of protein. 3. Wheatgrass juice contains up to 70% chlorophyll, which is an important blood builder.

WHY WHEAT GRASS

Because 1 ounce of juice equals 2 pounds of produce nutritionally, it naturally shuts off the appetat in the brain. Wheatgrass contains a full spectrum of vitamins and minerals, including the thirteen essential ones, combined with dozens of trace elements and enzymes.



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Wheatgrass juice is a superior detoxification agent compared to carrot juice and other fruits and vegetables.

ORANGE

HEALTH BENEFITS



VITAMIN POWER!

Oranges are an excellent source of vitamin C. They are also a very good source of dietary fiber. In addition, oranges are a good source of B vitamins including vitamin B1, pantothenic acid and folate as well as vitamin A, calcium, copper and potassium.

WHY ORANGE

Although oranges are acidic before you digest them, they contain many alkaline minerals that help to balance out the body after they are digested. In this respect, they are similar to lemons, which are one of the most alkaline foods available.



Oranges are full of potassium, an electrolyte mineral responsible for helping the heart function well. When potassium levels get too low, you may develop an abnormal heart rhythm, known as an arrhythmia.



Oranges are full of beta-carotene, which is a powerful antioxidant that protects the cells from damage. Beta-carotene protects the skin from free radicals and helps prevent the signs of aging.

GINGER

HEALTH BENEFITS



VITAMIN POWER!

It is loaded with nutrients and bioactive compounds that have powerful benefits for your body and brain. Ginger has a very long history of use in various forms of traditional/alternative medicine. It has been used to help digestion, reduce nausea and help fight the flu and common cold, to name a few.

WHY GINGER

There is also some evidence that ginger can enhance brain function directly. In a study of 60 middle-aged women, ginger extract was shown to improve reaction time and working memory



Ginger may also relieve nausea and vomiting after surgery, and in cancer patients undergoing chemotherapy (4, 5).

But it may be the most effective when it comes to pregnancy-related nausea, such as morning sickness.



Ginger appears to be effective at reducing the day-to-day progression of muscle pain, and may reduce exercise-induced muscle soreness.

SPINACH

HEALTH BENEFITS



VITAMIN POWER!

Low in fat and even lower in cholesterol, spinach is high in niacin and zinc, as well as protein, fiber, vitamins A, C, E and K, thiamin, vitamin B6, folate, calcium, iron, magnesium, phosphorus, potassium, copper, and manganese.

WHY SPINACH

Lowering blood pressure: because of its high potassium content, spinach is recommended to those with high blood pressure to negate the effects of sodium in the body. A low potassium intake may be just as big of a risk factor in developing high blood pressure as a high sodium intake



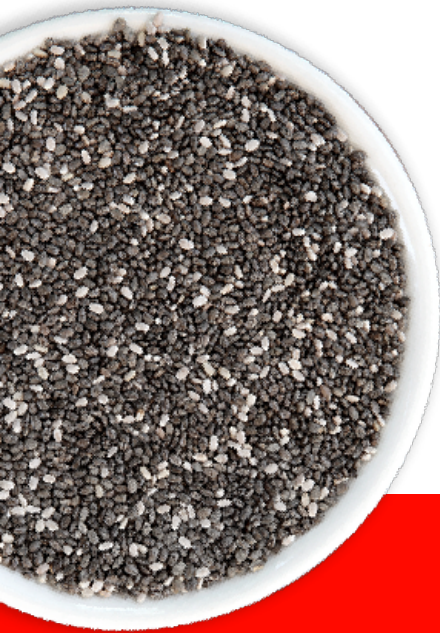
Low intakes of vitamin K have been associated with a higher risk for bone fracture. Adequate vitamin K consumption is important for good health, as it acts as a modifier of bone matrix proteins, improves calcium absorption and may reduce urinary excretion of calcium.



improving blood glucose control in diabetics, lowering the risk of cancer, lowering blood pressure, improving bone health, lowering the risk of developing asthma and more.

CHIA SEEDS

HEALTH BENEFITS



VITAMIN POWER!

chia seeds are a "whole grain" food, are usually grown organically, are non-GMO and naturally free of gluten. Bottom Line: Despite their tiny size, chia seeds are among the most nutritious foods on the planet. They are loaded with fiber, protein, Omega-3 fatty acids and various micronutrients.

WHY CHIA SEEDS

Almost all of the carbohydrates in chia seeds are fiber. This gives them the ability to absorb 10-12 times their weight in water.



Chia seeds were an important food for the Aztecs and Mayans back in the day. They prized them for their ability to provide sustainable energy... in fact, "chia" is the ancient Mayan word for "strength." Despite their ancient history as a dietary staple, only recently did chia seeds become recognized as a modern day superfood.



They also contain a good balance of essential amino acids, so our bodies should be able to make use of the protein in them

KALE

HEALTH BENEFITS



VITAMIN POWER!

Kale is low in calorie, high in fiber and has zero fat. One cup of kale has only 36 calories, 5 grams of fiber and 0 grams of fat. It is great for aiding in digestion and elimination with its great fiber content. It's also filled with so many nutrients, vitamins, folate and magnesium as well as those listed below.

WHY KALE

Eating a diet high in Vitamin K can help protect against various cancers. It is also necessary for a wide variety of bodily functions including normal bone health and blood clotting. Also increased levels of vitamin K can help people suffering from Alzheimer's disease.



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Kale is filled with fiber and sulfur, both great for detoxifying your body and keeping your liver healthy.

CARROT

HEALTH BENEFITS



VITAMIN POWER!

Most of the benefits of carrots can be attributed to their beta-carotene and fiber content. This root vegetable is also a good source of antioxidant agents. Furthermore, carrots are rich in vitamin A, Vitamin C, Vitamin K, vitamin B8, pantothenic acid, folate, potassium, iron, copper, and manganese.

WHY CARROT'S

Vitamin A and antioxidants protect the skin from sun damage. Deficiencies of vitamin A cause dryness to the skin, hair and nails. Vitamin A prevents premature wrinkling, acne, dry skin, pigmentation, blemishes and uneven skin tone.



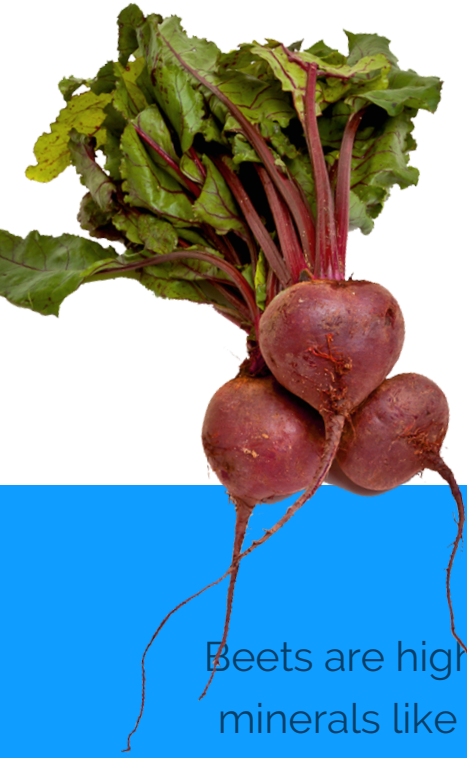
The regular consumption of carrots also reduces cholesterol levels because the soluble fibers in carrots bind with bile acids. Diets high in carotenoids are associated with a lower risk of heart disease. Carrots have not only beta-carotene but also alpha-carotene and lutein.



Carrots are rich in beta-carotene, which is converted into vitamin A in the liver. Vitamin A is transformed in the retina, to rhodopsin, a purple pigment necessary for night vision.

BEETS

HEALTH BENEFITS



VITAMIN POWER!

Beets are high in immune-boosting vitamin C, fiber, and essential minerals like potassium (essential for healthy nerve and muscle function) and manganese (which is good for your bones, liver, kidneys, and pancreas). Beets also contain the B vitamin folate, which helps reduce the risk of birth defects.

WHY BEET'S

If you need a boost to make it through your next workout, beet juice may again prove valuable. Those who drank beet juice prior to exercise were able to exercise for up to 16 percent longer.



The betalin pigments in beets support your body's Phase 2 detoxification process, which is when broken down toxins are bound to other molecules so they can be excreted from your body. Traditionally, beets are valued for their support in detoxification and helping to purify your blood and your liver.



Drinking beet juice may help to lower blood pressure in a matter of hours. One study found that drinking one glass of beet juice lowered systolic blood pressure by an average of 4-5 points

GREEN APPLE

HEALTH BENEFITS



VITAMIN POWER!

All sorts of apples have health benefits, but the thing that makes green apples special is that they have a high nutritional density packed with minerals, vitamins, proteins and fiber. They are popular in their fight against digestive problems, blood glucose regulation and the presence of good cholesterol among others.

WHY GREEN APPLES

Green apples have the benefit of giving your stomach a sense of satisfaction, so you don't tend to overeat with them.

Moreover, green apples don't contain any bad cholesterol. Therefore, one can easily reduce their weight and still remain healthy by consuming green apples.



Green apples secrete organic acids that can help your appetite. So, if you suffer from low appetite due to intestinal peristalsis, you can help this by eating green apples.



Energy. Green apples are energy givers. They contain carbohydrates, which are especially good for people playing any form of sport or leading a hectic life.