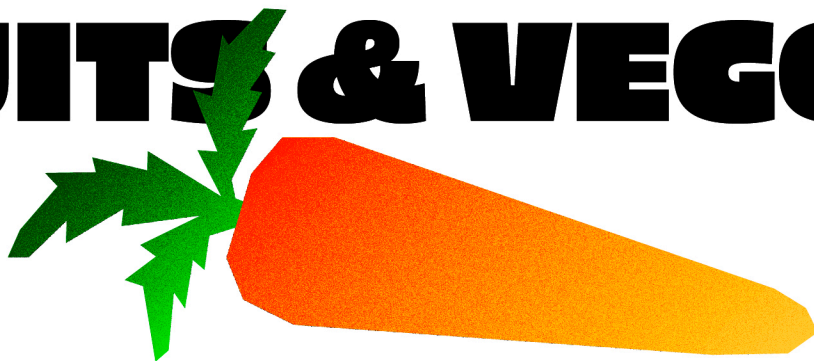


TARGETING HEALTH CONCERNS THROUGH FRUITS & VEGGIES



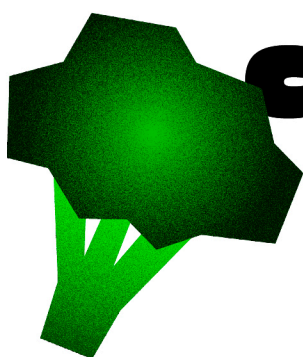
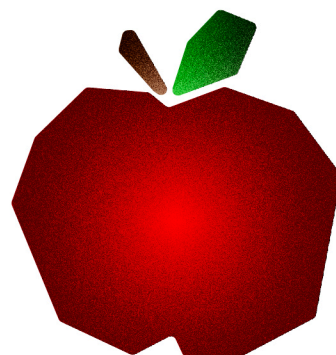
CHALLENGE: FOCUS ON ONE OR TWO HEALTH CONCERNS TO FOCUS ON OVER THE NEXT TWO MONTHS. YOU CAN BREAK IT UP INTO DOING ONE HEALTH CONCERN A MONTH OR JUMP BACK AND FORTH BETWEEN HEALTH CONCERNS THROUGHOUT THE TWO MONTHS.

COMPLETION CRITERIA: INCORPORATE 1 OR 2 ITEMS FROM THE FRUIT AND VEGGIE LIST AT LEAST 4 DAYS A WEEK.

HEART HEALTH

Broccoli, spinach, kale, strawberries, raspberries, blueberries, blackberries, apples, asparagus, brussel sprouts, tomatoes, edamame, sweet potatoes, oranges

THESE CONTAIN POLIPHENOLS WHICH PLAY AN IMPORTANT ROLE IN PREVENTING DEGENERATIVE DISEASES AND CANCERS. SOME OF THE OTHER FOODS ARE LOADED WITH ANTIOXIDANTS AND POTASSIUM.



CANCER PREVENTION

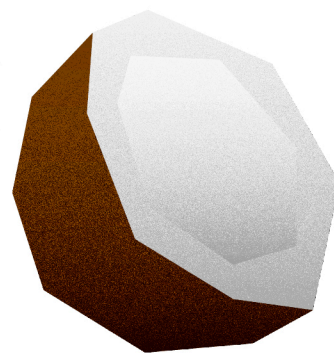
Broccoli, berries, garlic, celery, carrots, turnips, pears, olives, apricots, cantaloupe, pumpkin

THESE FOODS ARE PACKED WITH PHYTOCHEMICALS AND ANTIOXIDANTS WHICH REDUCE CANCER RISK. PHYTOCHEMICALS PROTECT CELLS FROM HARMFUL COMPOUNDS IN FOOD AND IN THE ENVIRONMENT AND PREVENT CELL DAMAGE.

IMMUNE STRENGTH

Lemon, oranges, grapefruit, tangerines, bell peppers, spinach, kiwi, garlic, mushrooms, coconut

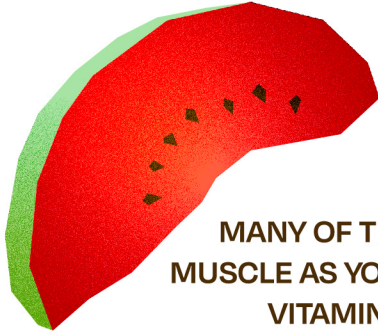
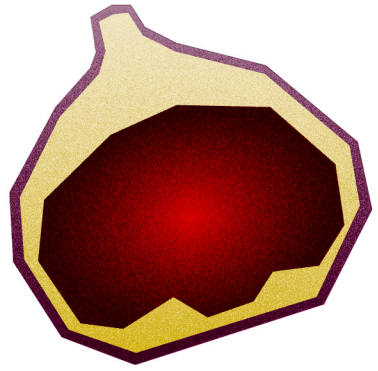
TO BOOST YOUR IMMUNE SYSTEM, INCORPORATING FOODS WITH VITAMIN C IS A GREAT METHOD. THESE FOODS ARE RICH IN VITAMIN C AND ANTIOXIDANTS.



BONE STRENGTH

Collard greens/dark leafy greens, figs, kale, tomato, potato, spinach, artichokes, sweet potatoes, broccoli, grapefruit

TO BOOST YOUR IMMUNE SYSTEM, INCORPORATING FOODS WITH VITAMIN C IS A GREAT METHOD. THESE FOODS ARE RICH IN VITAMIN C AND ANTIOXIDANTS.



BUILD MUSCLE

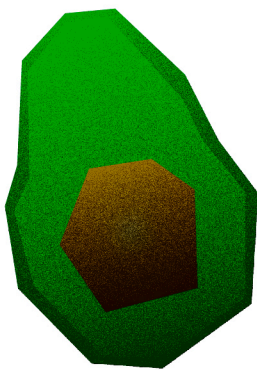
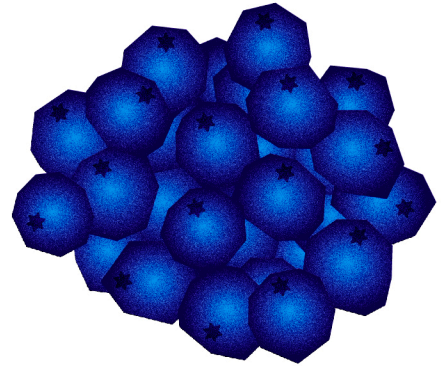
Bananas, apples, dates, potatoes, corn, peas, watermelon, avocado, kiwi, blueberries, cauliflower

MANY OF THESE ARE DENSE IN CARBS OR HIGHER IN CALORIES WHICH WILL HELP GAIN MUSCLE AS YOU ARE WORKING OUT. THEY ARE ALSO FULL OF ANTIOXIDANTS AND IMPORTANT VITAMINS THAT HELP THE BODY ABSORB PROTEIN AND REDUCE INFLAMMATION.

LONGEVITY

Tomatoes, blueberries, leafy greens, lettuce, pomegranates, citrus fruits, carrots, sweet potatoes, oranges

BETA CAROTENE IS AN IMPORTANT COMPOUND FOUND IN THESE FOODS. THIS CONVERTS INTO VITAMIN A WHICH HELPS WITH CELL GROWTH AND MAINTAINING HEALTHY ORGANS.



WEIGHT LOSS

Grapefruits, kale, avocado, cabbage, pumpkin, spinach, carrots, broccoli, potatoes, chili peppers, peaches

MANY OF THESE ARE HIGH IN FIBER AND LOW IN CALORIES. THEY ARE FULL OF GOOD NUTRIENTS TO HELP WITH WEIGHT LOSS.

DETOXIFY

Asparagus, artichokes, kale, cranberries, apples, beets, lemons, blueberries, celery, onions, pineapple, pomegranates, avocados, apples

THESE FOODS ARE POWERHOUSES. THEY INCLUDE IMPORTANT NUTRIENTS THAT ELIMINATE TOXIC BUILD UP IN THE BODY. THIS CAN HELP IN THE INTESTINES, LIVER, BLOOD, AND BRAIN TO KEEP THE BODY HAPPY AND HEALTHY.

