



## 10 FOODS YOUR BODY NEEDS

Not sure which foods provide the best nutrition for your body at the lowest cost and least amount of time? Try adding these 10 fruits, vegetables and plants to your diet!

**Gogi berries-** Along with acting as a powerful anti-oxidant, these berries help protect the liver and increase circulation.

**Pumpkin Seeds-** Be sure to not throw these away. Just one ounce contains 150mg of magnesium. They are also high in zinc and phytosterols shown to lower cholesterol and defend against cancer.

**Dried plums-** Also known as prunes, are not only high in fiber and good for digestion but are also important for maintaining the structural make up of cells preventing cellular damage, one of the primary causes for cancer.

**Cabbage-** This leafy green vegetable provides a healthy supply of sulforaphane, a chemical which increases your body's production of enzymes that combat cell-damaging free radicals and reduce the risk of cancer.

**Guava-** This tropical fruit is high in lycopene, known for warding off prostate cancer.

**Purslane-** This herb features the highest amount of heart-healthy omega-3 fats of any edible plant.

**Pomegranate Juice-** Only 4oz per day provides 50% of your daily vitamin C needs.

**Cinnamon-** This herb has several benefits which include controlling your blood sugar and lowering LDL ("bad") cholesterol.

**Swiss Chard-** This plant contains high amounts of lutein that protects the retinas from age related chemicals.

**Beets-** These vegetables are one of the best sources of folate and betaine. Both are proven to help lower your blood levels of homocysteine which damage arteries and increase the risk of heart disease.

