



radishes



chick peas



spinach/kale



artichoke



guava



grapes



avocado



onions,



papaya,



red chili peppers



tomatoes



celery



berries!

Fights infection and is a natural antibiotic:

- 1) Spinach
- 2) Tomato
- 3) Chick pea

High in protein and extremely beneficial for diabetes; Considered 1 of the top 10 vegetables:

- 1) Artichoke

Natural expectorant (for cough):

- 1) Red Chili Pepper
- 2) Onions
- 3) Radishes

Protects against environmental pollutants that cause cancer:

- 1) Berries
- 2) Grapes
- 3) Celery

Top 3 fruits overall:

- 1) Avocado
- 2) Papaya
- 3) Guava

Deanna's Oath: I do solemnly swear not to beat myself up or feel like a bad person over information I'm hearing today. I promise not to freak out at my family or cause a mutiny in my household by dumping everything out of my cabinets in one day. What I will do instead is educate myself about good nutrition and make slow incremental changes for my family and me.

How many fruits and vegetables did you eat today?