



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)
- 2)
- 3)

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

- 1)

Natural expectorant (for cough):

- 1)
- 2)
- 3)

Protects against environmental pollutants that cause cancer:

- 1)
- 2)
- 3)

Top 3 fruits overall:

- 1)
- 2)
- 3)

How many fruits and vegetables did you eat today?