

The Healthiest Foods on Earth

Pineapple	Speeds post-surgery	Promotes joint health	Reduces asthma inflammation
Blueberries	Restore antioxidant levels	Reverse age-related brain decline	Prevent urinary tract infection
Spinach	Helps maintain mental sharpness	Reduces the risk of cancers of the liver, ovaries, colon and prostate	Top nutrient density
Red Bell Pepper	Reduces risk of lung, prostate, ovarian and cervical cancer	Protects against sunburn	Promotes heart health
Broccoli	Reduces diabetic damage	Lowers risk of prostate, bladder, colon, pancreatic, gastric and breast cancer	Protects the brain in event of injury
Tomato	Reduces inflammation	Lowers risk of developing esophageal, stomach, colorectal, lung and pancreatic cancer	Reduces cardiovascular disease risk
Apple	Supports immunity	Fights lung and prostate cancer	Lowers Alzheimer's risk
Artichoke	Helps blood clotting	Antioxidant Superfood	Lowers "bad" cholesterol
Arugula	Lowers birth defect risk	Reduces fracture risk	Protects eye health
Asparagus	Nourishes good gut bacteria	Protects against birth defects	Promotes heart health
Avocado	Limits liver damage	Reduces oral cancer risk	Lowers cholesterol levels
Blackberries	Build bone density	Suppress appetite	Enhance fat burning
Butternut Squash	Supports night vision	Combats wrinkles	Promotes heart health
Cantaloupe	Bolsters immunity	Protects skin against sunburn	Reduces inflammation
Carrot	Antioxidants defend DNA	Fights cataracts	Protects against some cancers
Cauliflower	Stimulates detoxification	Suppresses breast cancer cell growth	Defends against prostate cancer
Cherries	Alleviate arthritic pain and gout	Lower "bad" cholesterol	Reduce inflammation
Cranberries	Alleviate prostate pain	Fight lung, colon and leukemia cancer cells	Prevent urinary tract infection
Green Cabbage	Promotes healthy blood clotting	Reduces risk of prostate, colon, breast and ovarian cancers	Activates the body's natural detoxification systems
Kale	Counters harmful estrogens that can feed cancer	Protects eyes against sun damage and cataracts	Increases bone density
Kiwi	Combats wrinkles	Lowers blood clot risk and reduces blood lipids	Counters constipation
Mango	Supports immunity	Lowers "bad" cholesterol	Regulates homocysteine to protect arteries
Mushrooms	Promote natural detoxification	Reduce the risk of colon and prostate cancer	Lower blood pressure

Orange	Reduces levels of "bad" cholesterol	Lowers risk of cancers of the mouth, throat, breast and stomach, and childhood leukemia	Pectin suppresses appetite
Papaya	Enzymes aid digestion	Reduces risk of lung cancer	Enhances fat burning
Plums & Prunes	Counter constipation	Antioxidants defend against DNA damage	Protects against post-menopausal bone loss
Pomegranate	Enhances sunscreen protection	Lowers "bad" cholesterol	Fights prostate cancer
Pumpkin	Protects joints against polyarthritis	Lowers lung and prostate cancer risk	Reduces inflammation
Raspberries	Inhibit growth of oral, breast, colon and prostate cancers	Antioxidant DNA defense	Lower "bad" cholesterol levels
Strawberries	Protect against Alzheimer's	Reduce "bad" cholesterol	Suppress growth of colon, prostate and oral cancer
Sweet Potato	Reduces stroke risk	Lowers cancer risk	Protect against blindness
Watermelon	Supports male fertility	Reduces risk of several cancers: prostate, ovarian, cervical, oral and pharyngeal	Protects skin against sunburn
Banana	Increases fat burning	Lowers risk of colorectal and kidney cancer, leukemia	Reduces asthma symptoms in children