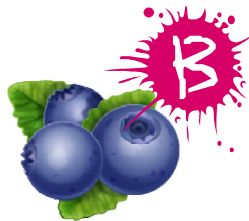




Super Foods A to Z

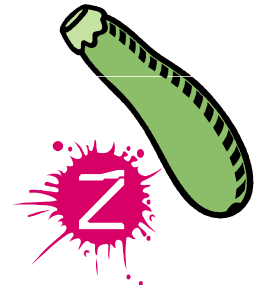
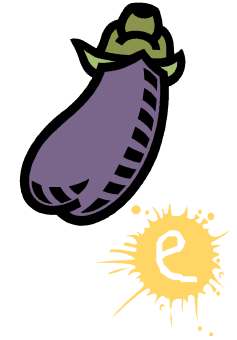
Alphabetize these yummy fruits, vegetables, nuts, herbs and spices. Then read about how they can make you healthy!



- Almonds
- Orange
- Papaya
- Blueberry
- Spinach
- Zucchini
- Eggplant
- Mushroom
- Cinnamon
- Lentils
- Grapefruit
- Kale
- Rutabaga
- Horseradish
- Watermelon
- Yams
- Dates
- Nopales
- Quinoa
- Tomato
- Fennel
- Idaho Potato
- Jicama
- Ugli Fruit
- Vanilla Bean
- Ximenia



Almonds	
B _____	





Super Foods A to Z: Key

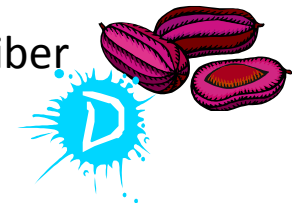
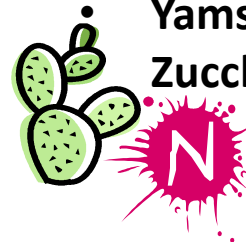
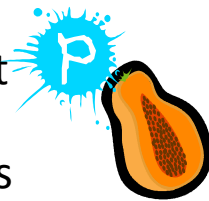


- **Almond** – good source of fiber and protein
- **Blueberry** – good for your memory
- **Cinnamon** – prevents swelling
- **Dates** – protects you from cancer
- **Eggplant** – protects you from cancer
- **Fennel** – protects you from cancer
- **Guava** – good for your immune system
- **Horseradish** – good for your heart
- **Idaho Potato** – good for your heart
- **Jicama** – good for your heart
- **Kale** – protects you from cancer
- **Lentil** – good source of fiber
- **Mushroom** – good for your bones
- **Nopales (cactus)** – protects you from cancer



“saving the world one healthy food at a time”™

- **Orange** – good for your immune system
- **Papaya** – good for your eyes
- **Quinoa** – good source of plant protein
- **Rutabaga** – good for your eyes
- **Spinach** – good for your whole body
- **Tomato** – good for your heart
- **Ugli Fruit** – good for your immune system
- **Vanilla Bean** – soothes your stomach
- **Watermelon** – protects you from cancer
- **Ximenia** – good for your immune system
- **Yams** – good for your eyes
- **Zucchini** – good source of fiber



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