

Avocados -Contains fiber, folate, potassium and monounsaturated fatty acids (MUFA's),

- Lower triglycerides
- Lower LDL cholesterol
- Increases HDL cholesterol
- All three help to control diabetes

Use in guacamole, salsa, sandwich spreads, on top of eggs or throw in a salad.

Serving size: 1 cup cubed/1 medium

Beans - High in protein and soluble fiber.

- Lower LDL -fiber traps bile containing cholesterol and removes from blood
- Controls sugar -more insulin receptor sites are created, and insulin gets to the cells it needs to and out of bloodstream.

Add to salads, soups, as a side dish - try all varieties: black, kidney, Lima, garbanzo, etc.

Serving Size: ~ ½ cup. Varies on type.

Broccoli/Cabbage/Cauliflower -*Super food! Fiber, calcium, Vitamin A and C, folic acid, potassium, protein, iron, lutein, indoles (nitrogen compound), sulfophanes*

- Lowers blood pressure
- Aids in iron absorption
- Prevents cataracts
- Regulates and enhances GI functions
- Lowers cholesterol
- Cancer fighting agents - hormone related cancers
- Sulfophanes - increase enzymes that block cancer.

Add to salads, stir fry's, as pizza toppings, eat alone or with dip, steam them, marinate with olive oil and seasoning and grill, or make your own vegetable dish.

Serving Size: 1 cup (raw)

Spinach/Kale/Swiss Chard -*These leafy green have many benefits - fiber, calcium, carotenoids, vitamins A, C, E, and K, iron, folic acid, lutein, and bioflavonoid.*

- Increases satiety (the feeling of being full),
- Reduce risks for high blood pressure, heart disease, and cancer.
- Healthy bones, teeth, fight osteoporosis

Add this to salad, sandwiches, pizza, soup, or sauté on stove and add to favorite dish or as side

Serving size: 1 cup

Bok Choy- *Yes this is a vegetable; it resembles celery and can be found in the produce department. It is very low in calories yet high in calcium, and Vitamins A and C.*

- Eye health

- Immune function

Add to soups and stews

Serving Size: 1 cup

Garlic - Adds a plethora of flavor when used in cooking and is good for you, contains the compound ajoene.

- It boosts immune function
- Helps lower cholesterol, while increasing HDL (good cholesterol),
- Cancer fighting agent
- Ajoene - which is a blood thinner - in turn lowering risk of hypertension and heart disease.

Mix with vegetables and sauté in pan with olive oil, or add to favorite dishes for flavor.

Serving Size: 3 cloves

Artichokes - Contain fiber, vitamin C, magnesium, folate, and plenty antioxidants.

- Aid in digestion
- Lower cholesterol
- Cancer fighting agents

Add as topping on your pizza, or mix with spinach and cheese for a great dip.

Serving Size: 1 medium

Pumpkins - Flesh is packed with beta - carotene, iron, fiber, zinc, and lutein.

- Eye health
- Digestion
- Helps muscle cells store oxygen - reducing fatigue

The seeds can be a great snack - put on a cookie sheet, add salt, and bake. Use the flesh for pumpkin muffins, pie, or pumpkin rolls

Serving Size: 1 cup

Squash - Similar to pumpkin these house carotenoids, Vitamin C, potassium, Vitamin B1, folic acid, pantothenic acid, and fiber.

Cut in half and cook on grill or in oven - add a little butter and brown sugar.

Serving Size: 1 cup baked/ mashed

Sweet potato - Contains Vitamins A, C, and B, calcium, iron, potassium, phosphorus, niacin, and riboflavin.

- Eye health
- Helps lower blood pressure

Bake in the oven, cut in half and enjoy.

Serving Size: 1 medium ~2" around and 5" long

Rutabaga - *Ruta what? Appearance is quite similar to a turnip, somewhat fleshier, and may be either globular or elongated. Loaded with iron, Vitamin A, calcium, thiamin, riboflavin, niacin, and phosphorus.*

- Helps with constipation - increasing GI movements

Throw in your favorite soups and stews.

Serving Size: 1 cup

Colored Peppers - *Full of Vitamin C, A, thiamine, B6, folic acid, and phytochemicals. The red peppers also contain lycopene.*

- Cancer fighting agents
- Promote normal cell/tissue growth
- Maintain healthy skin and muscle tone

Mix with olive oil and sauté, use in omelets, pizza toppings, stir-fry, or raw with dip.

Serving Size - 1 cup

Leeks - *These are related to onions, shallots, and scallions and contain fiber, folic acid, Vitamin B6 and C, manganese, and iron.*

- GI function
- Tissue growth
- Oxygen muscle cells

Serving Size - 1 cup (raw)

Apple - *The skin contains insoluble fiber, flesh contains quercetin (flavonoid/antioxidant), and soluble fiber.*

- Regulates bowel movements
- Removes toxic waste from the colon
- Helps to lower cholesterol.

Use in pie, cobbler, and apple crisp, as a snack, make your own applesauce, or add to muffins.

Serving Size: 1 medium

Banana - *High in potassium, electrolytes, Vitamin B6 and folate.*

- Helpful to avoid muscle cramping
- Prevent high blood pressure

Toss in your favorite fruit salad, slice up over ice cream, on a sandwich with peanut butter, or eat alone as a pre work out snack.

Serving Size: 1 medium ~ 7 -7 7/8" long

Cranberries - *Contain phytonutrients, flavonoids, Vitamin C, and PAC's*

- Lower bad cholesterol (LDL) and increase good cholesterol (HDL)
- Urinary Tract Infections because they inhibit the bacteria from sticking to the wall of the urinary tract.

Make your own cranberry sauce; add to cookies, or add to all varieties of salad.

Serving Size: 1 cup

Grapes - Loaded with fiber (skin), Vitamin A, C, and B6, folate, potassium, calcium, iron, phosphorus, magnesium, and selenium.

- Promote healthy GI function

Grab a handful and enjoy as a snack or with a meal.

Serving Size: 1 cup

Pears - "hypoallergenic fruit" Contain fiber, Vitamin B2, C, and E, copper, and potassium.

- Lower cholesterol
- Tone intestines

They can be used as a quick snack, a side for dinner, tossed in salad, or even as a dessert!

Serving Size: 1 medium

Grapefruit - Before you grab this citrus fruit check to make sure it won't interact with any medications you are taking, then enjoy! Contains fat-burning enzymes, low in sodium, high in water, Vitamin C, and lycopene.

- Flushes out water being held by body and increase the metabolism
- Helpful for arthritis as they dissolve the inorganic calcium in joints

Start your day off with one, cut in half and simply spoon out, or peel and enjoy each segment - Yum!

Serving Size: Raw - half of 1 medium ~ 3 3/4 " diameter

Orange - High in Vitamin C, beta carotene, calcium, B6, folic acid, magnesium, potassium, and thiamin.

- Lower cholesterol
- Prevent diabetes
- Lower blood pressure
- Decrease mucous secretions from nose

Great as a snack, with lunch, or after dinner, can be peeled and sliced up mixing with other fruits for a great fruit salad.

Serving Size: 1 medium ~ 3 3/4" diameter

Kiwi - Vitamin C, A, and E, phosphorus, magnesium, potassium, copper, and antioxidants and enzymes.

- Respiratory tract health - wheezing, shortness of breath, and high coughing

Cut in half and spoon out or cut off the skin and enjoy slice by slice. Great mixed with berries or over your favorite yogurt.

Serving Size: 1 medium

Pomegranate - *Similar to Grapefruit this may interact with medications so double check before digging in.*

- Antioxidants keep bad cholesterol (LDL) from oxidizing
- Compounds that act as a blood thinner and keep blood platelets from clumping.

The seeds are great to snack and can be used in many desserts, or thrown on salads.

Serving Size: 1 medium ~ 3 3/8" diameter