

A hand is shown holding a single strawberry, positioned above three small, light blue plastic baskets filled with strawberries. The baskets are arranged in a triangular pattern on a bed of straw. The background consists of green strawberry plants with many ripe, red strawberries ready for harvest.

# **20 Fruits & Vegetables That Heal Your Body**

## *Tip #1*

### **Bananas**

Bananas are delicious and extremely convenient to eat. They're also high in potassium to fight cramps.

## ***Tip #2***

### **Apples**

Rich in vitamin C, as well as epicatechin. One a day may indeed keep the doctor away!

## ***Tip #3***

### **Garlic**

A true superfood. Garlic can kill germs, improve digestion, and cause vasodilation.

## ***Tip #4***

### **Carrots**

Carrots are rich in vitamin A and lutein. They boost eye health, among other things.

## *Tip* #5

### **Mushrooms**

One of the only food sources of the amazing vitamin D. And packed with healthy protein.

## ***Tip #6***

### **Babyleaf spinach**

Babyleaf spinach is a great source of folate. This is great news for pregnant mums-to-be in particular, seeing as folate is one of the most important nutrients for helping the normal and healthy development of the infant fetus.

## *Tip #7*

### **Beets**

Beets are used by athletes thanks to their ability to improve the delivery of oxygen to muscle.



## ***Tip #8***

### **Broccoli**

Broccoli is one of the staples in our Western diet. It's also rich in folate, iron, calcium, and much more.

## ***Tip #9***

### **Cauliflower**

The lesser-loved cousin of broccoli. Don't overlook this one though, it's packed with iron, calcium, and more.

## ***Tip #10***

### **Sauerkraut**

Sauerkraut is a brilliant fermented food that can enhance your gut health and microbiome.

***Tip #11***  
**Oranges**

Oranges are a very sweet source of vitamin C.

## ***Tip #12***

### **Blueberries**

Blueberries are among the fruits most packed with antioxidants. The recommendation is to eat a healthy diet by trying to get as much natural color on your plate as possible. Time to bring some blue!

## ***Tip #13***

### **Strawberries**

Packed with goodness, strawberries also go great with a lot of desert!

## ***Tip #14***

### **Grapes**

Aim for red grapes and you'll benefit from resveratrol – a substance that may actually help you to live for longer.

## ***Tip #15***

### **Cherries**

Cherries go amazingly well with dark chocolate. They taste great on their own. And they have TONS of health benefits.

But they're also high in melatonin – the sleep hormone. Perfect for getting better shuteye.



## ***Tip #16***

### **Cayenne Pepper**

Cayenne pepper is a pepper that is used in spicy cooking. It is what gives your chilli powder a lot of its kick.

What you might not have known about this stuff, is that it is great for digestion, and that it can help to increase the metabolism several fold. This makes it highly useful for weight loss in particular. It also helps to kill off unwanted bacteria in the stomach.

## ***Tip #17***

### **Avocado**

Avocado is all the rage at the moment. One of its big appeals is its high fat, low carb nature, which makes it ideal for low carb diets.

## ***Tip #18***

### **Rose Hip**

Popular during WW2. This fruit is high in vitamin C to boost immunity.

## ***Tip #19***

### **Celery**

Celery is fantastic for snacking when on a diet, thanks to its low calorie count and extraordinarily high amount of water.

## *Tip* #20

### Cucumber

Another great source of hydration. Did you know we get a large amount of our hydration FROM our food? Serve this on a tuna sandwich and it tastes amazing.