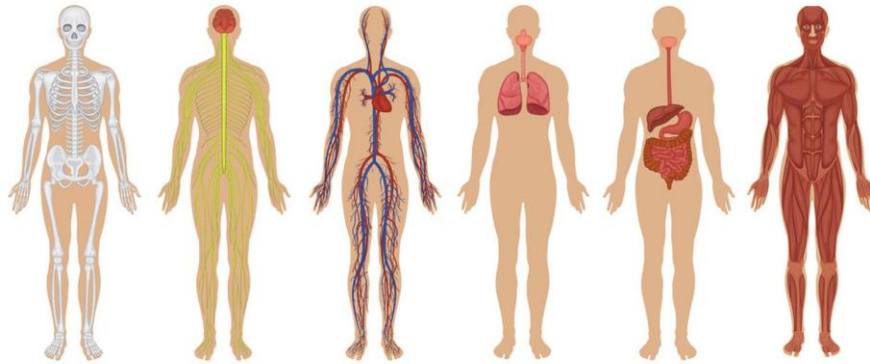


A Balanced Diet for a Supported Body

You are what you eat. So be sure to include a variety of foods to stay healthy and strong.



Bones

Dairy, fatty fish, egg yolks keep bones strong

Eyes

Green leafy vegetables, orange fruits & vegetables are needed for healthy vision

Mouth

Dairy, meat, fish, beans keep teeth strong

Immune System

Green leafy vegetables help cuts clot

Citrus, broccoli, peppers help cuts heal

Eggs, leafy greens, orange fruits & vegetables, shellfish, beans, nuts help your body fight infection

-Fruits, vegetables, whole grains, nuts, seeds, plant oils help fight off disease and cancer

Skin

Nuts, seeds, plant oils help fight off skin damage and aging from the environment (smoke, sun, pollution)

Citrus, broccoli, peppers, berries, eggs, leafy greens, orange fruits & vegetables repair skin tissue

Muscle

Fruit, vegetables, dairy, soy help muscles contract

Meat, fish, beans, nuts, eggs, dairy build and repair muscle

Red meat, clams, beans, spinach deliver oxygen to muscle to prevent fatigue

Heart

Dried fruit, potatoes, tomatoes, fish, nuts, beans provide minerals that maintain blood pressure

Oily fish (tuna, salmon), nuts, olives, avocado, plant oils protect the heart

Beans, oats, barley lower cholesterol

Intestines

Whole grains and the **skins of fruits/vegetables** help remove toxins from the body and prevent cancer

Beans, carrots, peas, potatoes, stone fruits, oats, barley help keep your gut healthy and regulate bowel

Brain

Meat, fish, dairy, eggs can reduce memory problems, confusion, dementia and depression (if you aren't eating enough of these foods)

Carbohydrates like **grains, milk, yogurt, starchy vegetables, fruit** help you think clearly, problem solve, and can reduce mood swings when eaten regularly