

- A GOOD CARBOHYDRATE
- REGULATES BLOOD PRESSURE
- PREVENTS CANCER
- RICH IN SOLUBLE AND INSOLUBLE FIBER
- TASTELESS WHEN YOUNG, SWEET WHEN RIPE

WHAT FRUIT AM I?



JACKFRUIT



- HIGH IN FIBER
- LOWERS BLOOD GLUCOSE LEVELS
- IMPROVES BLOOD SUGAR, LIPID, AND INSULIN LEVELS
- HELPS MAINTAIN AND STRENGTHENS BONE STRUCTURE
- CONTAINS SELENIUM WHICH PREVENTS INFLAMMATION AND DECREASES TUMOR RATES
- CAN BE USED TO MAKE NACHO CHEESE

WHAT BEAN AM I?



CHICKPEAS



- CONTAINS 92 MINERALS
- CURES AND PREVENTS RESPIRATORY ILLNESSES
- RELIEVES JOINT AND MUSCLE PAIN
- CURES THYROID RELATED DISEASES
- IMPROVES EYESIGHT
- REGULATES METABOLISM
- WEIGHT LOSS
- DIGESTIVE SUPPORT

WHAT SUPERFOOD AM I?



SEAMOSS



- CONTAINS 96% WATER
 - GREAT FOR HYDRATION
 - CONTAINS ANTIOXIDANTS
 - WEIGHT LOSS
 - HELPS REDUCE BLOOD SUGARS
 - TECHNICALLY A FRUIT, BUT WITH A VEGETABLE'S TEXTURE
- WHAT GREEN FRUIT/VEGETABLE AM I?**



CUCUMBERS



- **LOWERS CHOLESTEROL LEVEL & BLOOD PRESSURE**
- **CURES TOOTACHES**
- **REDUCES ARTHRITIS PAIN**
- **BOOST IMMUNE SYSTEM**
- **INITIALLY USED FOR MEDICATION PURPOSES**
- **AN APHRODISIAC**

WHAT GREEN STALK AM I?



CELERY



- IMPROVES DIGESTION
- REDUCES INFLAMMATION
- LOWERS CANCER RISK
- WEIGHT LOSS
- BOOST METABOLISM
- WEIGHT LOSS
- KEEPS ORAL BACTERIA FROM GROWING

WHAT SUPERFOOD AM I?



GINGER

