

**MIRACLE FOOD**  
**BEANS**

Good for stabilizing your blood sugar!

**MIRACLE FOOD**  
**BERRIES**

Good for preventing constipation!

**MIRACLE FOOD**  
**BROCCOLI**

Good for fighting cancer!

**MIRACLE FOOD**  
**CARROTS**

Good for improving night vision!

**MIRACLE FOOD**  
**MILK**

Good for strengthening bones!

**MIRACLE FOOD**  
**FISH**

Good for protecting against depression!!

**MIRACLE FOOD**  
**NUTS**

Good for lowering cholesterol!

**MIRACLE FOOD**  
**ONIONS**

Good for preventing hardening of the arteries!

**MIRACLE FOOD**  
**ORANGES**

Good for boosting immunity!

**MIRACLE FOOD**  
**TOMATOES**

Good for protecting against heart disease!