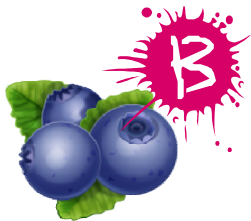
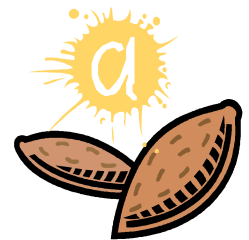
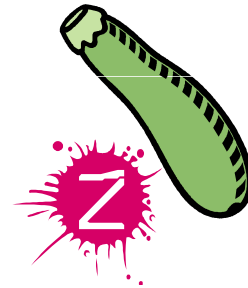


Super Foods A to Z

Alphabetize these yummy fruits, vegetables, nuts, herbs and spices. Then read about how they can make you healthy!



- ☐ Almonds
- ☐ Orange
- ☐ Papaya
- ☐ Blueberry
- ☐ Spinach
- ☐ Zucchini
- ☐ Eggplant
- ☐ Mushroom
- ☐ Cinnamon
- ☐ Lentils
- ☐ Grapefruit
- ☐ Kale
- ☐ Rutabaga
- ☐ Horseradish
- ☐ Watermelon
- ☐ Yams
- ☐ Dates
- ☐ Nopales
- ☐ Quinoa
- ☐ Tomato
- ☐ Fennel
- ☐ Idaho Potato
- ☐ Jicama
- ☐ Ugli Fruit
- ☐ Vanilla Bean
- ☐ Ximenia

[illegible]



Super Foods A to Z: Key



- **Almond** – good source of fiber and protein
- **Blueberry** – good for your memory
- **Cinnamon** – prevents swelling
- **Dates** – protects you from cancer
- **Eggplant** – protects you from cancer
- **Fennel** – protects you from cancer
- **Guava** – good for your immune system
- **Horseradish** – good for your heart
- **Idaho Potato** – good for your heart
- **Jicama** – good for your heart
- **Kale** – protects you from cancer
- **Lentil** – good source of fiber
- **Mushroom** – good for your bones
- **Nopales (cactus)** – protects you from cancer



- **Orange** – good for your immune system
- **Papaya** – good for your eyes
- **Quinoa** – good source of plant protein
- **Rutabaga** – good for your eyes
- **Spinach** – good for your whole body
- **Tomato** – good for your heart
- **Ugli Fruit** – good for your immune system
- **Vanilla Bean** – soothes your stomach
- **Watermelon** – protects you from cancer
- **Ximenia** – good for your immune system
- **Yams** – good for your eyes
- **Zucchini** – good source of fiber

