

10 Excellent Foods



Lemon | One Lemon is enough to fulfill 100% of Vitamin C requirement for the day.



Dark Chocolate | It is full of antioxidant which reduces Bad Cholesterol and improves Good Cholesterol.



Broccoli | A medium size piece of Broccoli fulfills the requirement of Vitamin K and C for the day.

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Salmon Fish | It is a best source for acquiring Omega-3 fatty acid, which helps to keep heart diseases at bay.



Walnuts | The antioxidant Melatonin present in Walnuts improves sleep.



Avocado | It helps to reduce Cholesterol by 22% and also fulfills the requirement of Fiber for the day.

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Potatoes | One Red Potato is filled with 66% Cell Building Folate and helps to fight against Cancer.



Spinach | It has certain antioxidants which strengthen the Immune System.



Red Kidney Beans | The use of Red Kidney Beans 4 times a week, reduces Heart problems by 22%.



Garlic | It has a compound named, Allicin, which protects the body from Swelling.