Healthy food

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The 10 Healthiest Foods on the Planet

1. Lemons
2. Broccoli
3. Dark chocolate
4. Potatoes
5. Salmon
6. Walnuts
7. Avocados
8. Garlic
9. Spinach
10. Beans
Why they are healthy?
Healthy Food #1: Lemons

1 Lemon = 100% of a daily intake of vitamin C
Healthy Food #2: Broccoli

1 stalk of broccoli = 100% of a daily vitamin K requirement
Healthy Food #3: Dark Chocolate

Reach in flavonoids
Healthy Food #4: Potatoes

1 red potato = 66 microgrammes of all cell-building folate
Healthy Food #5: Salmon

Omega 3 fatty acids + niacin
Healthy Food #6: Walnuts

Melatonin + Omega 3 fatty acids
Healthy Food #7: Avocados

Betacarotene
Healthy Food #8: Garlic

Inhibit the growth of bacteria + allicin
Healthy Food #9: Spinach

Immune-boosting antioxidants
Healthy Food #10: Beans