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. Avocadoes

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 micrograms of all cell-building folate

Healthy Food #5: Salmon

Omega 3 fatty acids + niasin

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

Antioxidants

1 KG
1 KG