



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

A vibrant assortment of fresh fruits and vegetables is arranged in a circular border around the central text. The items include blueberries, blackberries, raspberries, strawberries, red chili peppers, tomatoes, an orange slice, carrots, yellow cherry tomatoes, corn cobs, yellow bell peppers, a banana, a lime slice, an avocado, asparagus, broccoli, and green beans. The background is a plain, light color.

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



Antioxidants



