

Best Foods For Your Body

Brain

salmons, tuna, sardines, walnuts



Hair

green vegetables, beans, salmon



Eyes

eggs, corn, carrot



Muscle

bananas, red meat, fish, eggs



Heart

tomatoes, potatoes



Lungs

broccoli, brussels sprouts



Bowels

prunes, yogurt



Skin

blueberries, salmon, green tea



Bones

oranges, celery, milk



Good Food For Health

G Psacharopoulos



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