

PRODUCTS USEFUL FOR THE BODY

BRAIN

salmons, tuna,
sardines, walnut



HAIR

green vegetables,
beans, salmon



EYES

eggs, corn,
carrot



MUSCLE

bananas,
red meat,
fish, eggs



HEART

tomatoes,
potatoes



LUNGS

broccoli, brussel
sprout



BOWELS

prunes, yogurt



SKIN

blueberries, salmon,
green tea



BONES

oranges,
celery, milk



Food For Humans

Corinne Urakawa



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