# PRODUCTS USEFUL FOR THE BODY

#### HAIR

green vegetables, beans, salmon



#### BRAIN

salmons, tuna, sardines, walnut



eggs, corn, carrot



### MUSCLE

bananas, red meat, fish, eggs

#### HEART

tomatoes,





### LUNGS

broccoli, brussel sprout

#### BOWELS

prunes, yogurt





#### SKIN

blueberries, salmon, green tea

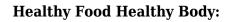


oranges, celery, milk



# **Healthy Food Healthy Body**

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