

Top foods for health . . .



Don't let your diet make you unhealthy. The right foods can help you stay fit, boost your energy levels, and make you feel great.

10. Both kiwis and mangoes are said to keep your **eyesight** from deteriorating.



9. You may know that milk helps strengthen **bones** and **teeth**, but did you know that soybeans and tofu do, too?



8. Snack on pineapple. It benefits the **digestive system** and might keep you from getting an upset stomach.



7. Apples are thought to help to remove toxins from your **liver**. Raisins can help you build strong **muscles**.



6. In studies in South Korea, chili peppers have been shown to increase your **metabolism**, which may contribute to weight loss.



1. Blueberries are said to be good for your **brain**. They can help you concentrate and improve your memory. Have a headache? Try cherries to make the pain go away.

2. Use ginger in your cooking. It's thought to reduce cholesterol, which may protect you from getting **heart disease**.



3. Eating too much salt may cause your **blood pressure** to rise. But did you know that hibiscus tea is believed to lower it?



4. Avocados are good for your **skin**. But don't just eat them! Applying avocado to your skin may prevent it from aging.



5. Mushrooms are said to boost your **immune system**, which can protect you from getting colds or the flu.



Food	What it may be good for	The benefit
blueberries cherries	your brain headaches	can help you concentrate make pain go away

verb + object + <u>verb</u>	verb+ oboject + <u>to verb</u>	verb+object+from+ <u>ing</u>
help you let it grow we gain make them be	<u>allow</u> you gain <u>cause</u> it <u>to</u> have we <u>enable</u> them improve <u>help</u>	keep <u>prevent</u> you (from) developing cancer it <u>protect</u> we having fragill bones we <u>stop</u> them (from) your tomach from

1. The sugar in soda can cause your blood pressure _____ (rise). Fruits like watermelon and tomatoes are said to help you _____ (lower) it.
2. Don't let dinner with friends _____ (make) you heavier. Research shows that eating with friends makes you _____ (eat) up to 33 percent more food.
3. Asparagus may stop you _____ (have) mood swings. It's thought to help some people _____ (cope) with depression.
4. Chocolate may enable you _____ (concentrate) better. Some studies have also found that it protects your skin _____ (age).
5. Some studies seem to show that green tea contains chemicals which may prevent you _____ (get) certain types of cancer.
6. People who allow themselves _____ (eat) treats occasionally generally stay thinner.
7. If kids don't eat breakfast regularly, it may keep them _____ (perform) well on tests. However, too many sugary breakfast foods may make kids _____ (behave) badly.
8. One possible way to keep your skin _____ (get) dry is to drink lots of water!

Eat Well Feel Well

help
cause
keep
stop
let
allow
enable
prevent
make
protect