

You Are What You Eat

Walnuts: Walnuts look like little brains because they have folds and divided halves. The nutrition in walnuts helps your brain grow and function.



Carrots: A sliced carrot looks like the human eye. Science shows that the Vitamin A in carrots improves eye function.



Tomato: Tomatoes have four chambers and are red—just like the human heart. Research shows that the nutrition in tomatoes is important for heart and blood health.



Bok Choy: Bok Choy has calcium and the stems look like bones. Calcium is important for bone growth and strength.



Ginger: Ginger looks like the human stomach and has been used for centuries to cure stomach aches.



Sweet Potatoes: Sweet potatoes look like the human pancreas, an organ that is important for healthy blood sugar. Sweet potatoes help to keep the pancreas working well.



Kidney Beans: The name says it all! Kidney beans are similar in shape and color to human kidneys and can actually help prevent kidney disease.



Onions: When sliced in half, onions look like body cells. Research shows that the nutrition in onions helps remove waste from cells. When chopping them, they can make you cry, which washes the layers of the eye.



Avocados: Avocados balance hormones for males and females. This is important for a healthy pregnancy in females. Avocados are shaped like the female womb and even take nine months to grow—just like a baby!

