

**Vegetables**

12. **Romaine lettuce or other hearty lettuce:** For more fiber and nutrients, plus a satisfying crunch.
13. **Carrots:** Carrots are good for your eyes, thanks to the antioxidants, including beta-carotene, in them.
14. **Frozen spinach:** Full of vitamins A, C, K, plus fiber and even calcium.
15. **Canned tomatoes:** You'll get a dose of vitamins A, B and C and lycopene, an antioxidant known to prevent cancer.
16. **Garlic:** Garlic can help lower cholesterol and blood clots, plus it can have a small effect on high blood pressure.
17. **Sweet potatoes:** Great source of fiber and antioxidants.
18. **Onions:** Onions have been proven to lower risks for certain cancers, and they add flavor with few calories.
19. **Broccoli:** Broccoli is like a toothbrush for your insides. Full of fiber, it will provide you vitamins A and C, plus fiber and a host of antioxidants.

**To your health! Anima Sana in Corpore Sano (a healthy mind in a healthy body)  
Ruth Badraun, BRF Wellness, 727-687-2737 [www.brfwellness.com](http://www.brfwellness.com)**