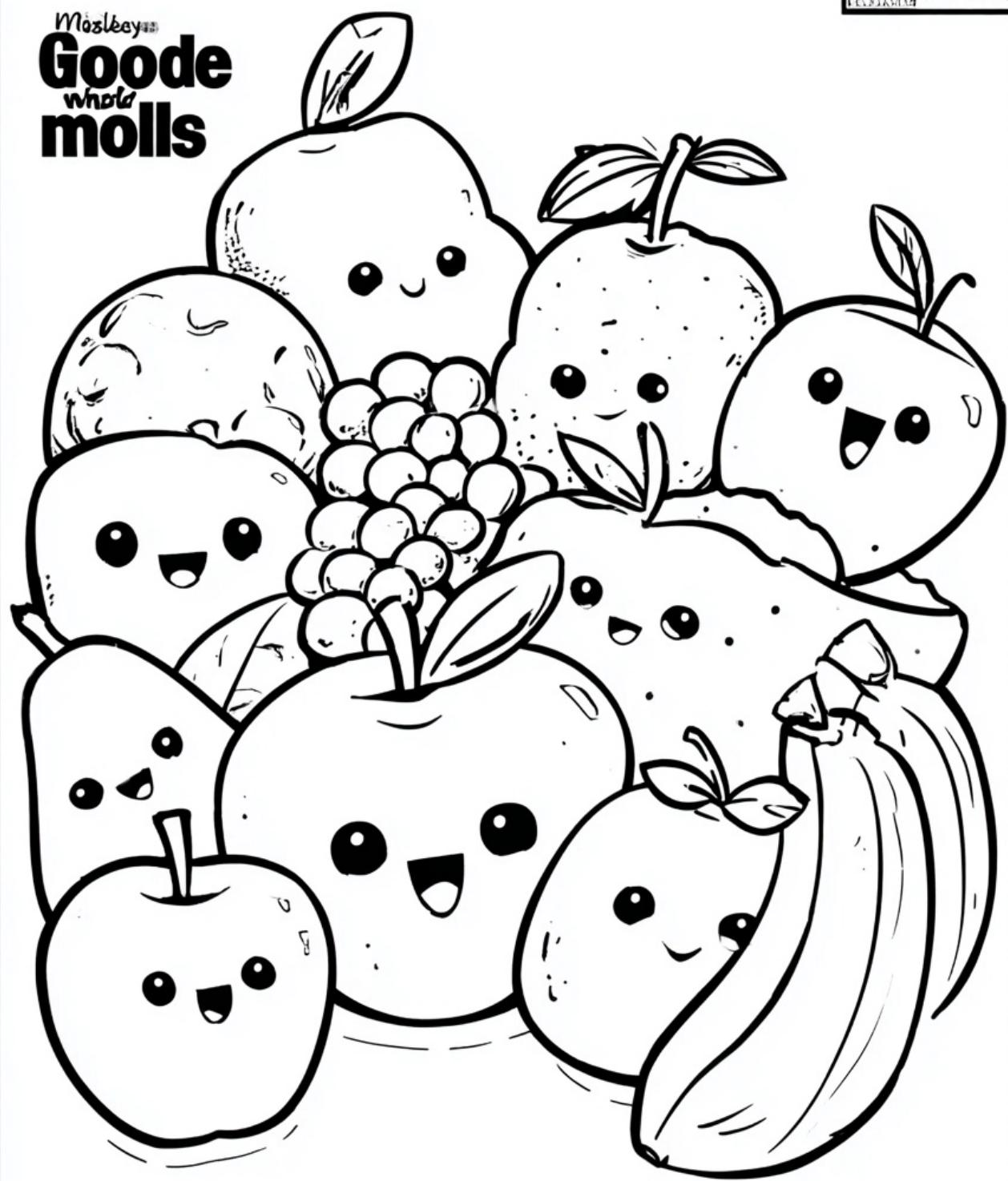


Mosley's
Goode
whole
molls



- **Citrus** are high in fiber and contain many vitamins and minerals.
- **Tomatoes** contain lycopene which is good for heart health.
- **Mushrooms** are a good source of potassium and help reduce the risk of heart disease.
- **Potatoes** are a good source of fiber and can help reduce the risk of heart disease.

Eating
Foods.

Bananas	Health Benefits
Broccoli	4000 days
Carrots	414 weeks
Cucumbers	3150 days