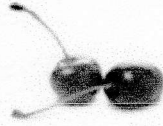




Want to save this Pin for yourself? Go ahead and Pin It.

Superfoods for Weight Loss



Cherries help calm your nervous system



Grapes relax your blood vessels



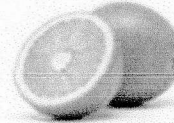
Peaches are rich in potassium, fluoride, and iron



Apples help your body develop resistance against infections



Watermelon helps control your heart rate



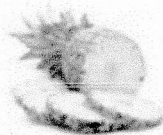
Oranges help maintain great skin and vision



Strawberries can potentially fight against cancer and aging



Bananas are great for athletes because they give you energy



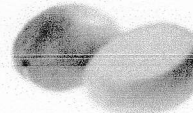
Pinapples help fight arthritis



Blueberries protect your heart



Kiwis increases bone mass



Mangos protect against several kinds of cancer