

The background features abstract, overlapping geometric shapes in various shades of green, ranging from light lime to dark forest green. The shapes are primarily triangles and polygons, creating a dynamic, layered effect. The text is centered on a white background that is partially framed by these green shapes.

Healthy Eating from Head to Toe

Brain

Foods that benefit the brain:

1- Extra virgin oil:

It protects cognitive deterioration and keeps the neural connections of the brain in good condition.

2- Broccoli:

Full of antioxidant that provide folate (folic acid) Fantastic for our memory.

3- Eggs

Thanks to its choline content, belonging to the B vitamins, the egg is able to improve attention span and long-term memory.

4- Nuts

Thanks to their high phosphorus content, they are very effective if we think about intellectual performance. Fantastic for our memory.

Hair

Foods that benefit the hair:

1-Spinach:

Spinach contains a variety of nutrients and minerals that can be beneficial to your hair.

2-Greek yogurt:

Contains B5 and B vitamins that it can help you to maintain healthy skin and hair.

3-Salmon:

It is a great source of omega-3 fatty acids. “Omega-3”s are anti-inflammatory. They can help if you have inflammation that’s causing hair shedding.

4-Tangerines:

The benefits of tangerines help your hair in a big way. Their vitamin C content makes it easier for your body to absorb iron. Iron has been linked to hair loss.

Eyes

Foods that benefit the eyes:

1-Nuts:

Are also rich in omega-3 fatty acids. Nuts also contain a **high level** of vitamin E, which can protect the eye from age-related damage.

2-Carrots:

Are rich in both Vitamin A and beta carotene. **Vitamin A** plays an essential role in vision. It is a component of a protein called rhodopsin, which helps the retina to absorb light.

3-Sweet potatoes:

Like carrots, sweet potatoes are rich in beta carotene. They are also a good source of the antioxidant vitamin E.

4-Citrus fruits:

Are rich in vitamin C. Vitamin C is an **antioxidant** that it is recommended to fight age-related eye damage.

Teeth

Foods that benefit the Teeth:

1-Pear:

It's good for teeth because they clean the surface of teeth.

2-Yogurt :

It's good for teeth because the yogurt helps prevent bad breath.

3- Vegetables:

Vegetables are good for teeth because they can remove remains of other food that can produce stains.

4-Milk:

Milk is good for teeth because it helps whiten your teeth. Cheese is also whitening.

Heart

Foods that benefit the heart:

1- Tomatoes:

They contain a carotenoid that helps eliminate "bad" cholesterol or LDL and thus reduce the risk of a heart attack.

2-Citrus Fruits:

Citrus fruits are rich in vitamin C and thanks to this they help decrease heart diseases.

3-Potatoes:

They are rich in potassium, which can help lower blood pressure, and they are also rich in fiber.

4- Pomegranate:

It contains many antioxidants, as well as polyphenols and anthocyanins, which improves blood flow to the heart.

Bones

Foods that benefit the bones:

1-Nuts:

Are good for bones because they reinforce bones and they have a high level of calcium.

2-Milk:

Is very good for bones because they have a very high of calcium, and the calcium is very important for the bones.

3-Yolk:

Is very a very good food for bones because they have a lot of vitamins and they have a high level of calcium too. Calcium is very important for bones.

4-Salmon:

Is a very good food for bones because they have vitamin D, calcium...

Skin

Foods that benefit the skin:

1- Carrots:

They have a lot of vitamin A, which helps to reduce the looseness and the wrinkles.

2-Tomatoes:

Are a great source of vitamin C and contain all of the major carotenoids, including lycopene which have been shown to protect your skin against damage from the sun.

3-Broccoli:

It also contains lutein, a carotenoid that works like beta-carotene. Lutein protects your skin from oxidative damage, which can cause your skin to become dry and wrinkled. But broccoli florets also pack a special compound called sulforaphane, which boasts some impressive potential benefits. It may even have **anti-cancer effects**.

4-Dark chocolate:

The skin of people who eat dark chocolate is less rough and scaly, less sensitive to sunburn and had better blood flow.

Muscles

Foods that benefit the muscles:

1-Salmon:

Salmon contains protein, omega-3 fatty acids and B vitamins. Omega-3 fatty acids play an important role in muscular health and may even increase muscle gain during exercise programs.

2-Quinoa:

Cooked **quinoa** contains carbs, protein, fiber, magnesium and phosphorus. Magnesium plays an important role in the function of your muscles and nerves, both of which are used every time you move.

3-Tofu:

Tofu contains protein, fat and carbohydrates. Tofu is also a good source of calcium, which is important for proper muscle function.

4-Beans:

They are excellent sources of **fiber** and B vitamins, in addition to being high in magnesium, phosphorus and iron. For these reasons, beans are a good source of plant-based protein to add to your diet. What's more, they may play a role in long-term health and disease prevention.

Digestive System

Foods that benefit the digestive system:

1- Apple:

Its content of pectin, soluble vegetable fiber, promotes digestion and prevents intestinal fermentation. It also helps reduce constipation and control bad cholesterol or LDL. Apple peel helps maintain digestive tract health.

2-Lentils

This legume provides 15.6 grams of fiber per cup, which is a large amount that helps improve intestinal flow.

But it is also a source of protein, iron, vitamin B, among other minerals.

3-Spinach:

High in fiber, spinach has a large amount of vitamins that can be absorbed in the intestinal tract.

4-Papaya:

Thanks to its laxative and detoxifying properties, papaya can help us purify toxins and residues that accumulate in the intestine and improve its functioning