

Benefits and nutritional value of vegetables and fruits used on the HCG 500 calorie diet

Cancer: 1 out of 3 will contract cancer in their lifetime

40% of the population do not eat fruit 20% of the population do not eat vegetables

Fruits and vegetables (plants) are the only place to find the nutrients that we need to be healthy

Fruits are the cleansers...vegetables are the builders of the body

Amino acids, good carbs, vitamins, minerals, fatty acids, organic salts, enzymes and many other nutrients that are needed in our bodies are found in fruits and vegetables

Plums.... This food is very low in Saturated Fat, Cholesterol and Sodium. It is also a good source of Dietary Fiber, Vitamin A and Vitamin K, and a very good source of Vitamin C.

Cherries.... This food is very low in Saturated Fat, Cholesterol and Sodium. It is also a good source of Dietary Fiber and Vitamin C.

Peach.... This food is very low in Saturated Fat, Cholesterol and Sodium. It is also a good source of Dietary Fiber, Vitamin A, Niacin and Potassium, and a very good source of Vitamin C.

Apples... Contain vitamins E and C, the mineral boron and pectin used for digestive enzyme, aids indigestion and has beneficial phyto-chemicals.

Grapefruits... Great for building the immune system, vitamin C, B vitamin and foliate.

Oranges....Contain vitamin B1, calcium, vitamin foliate, vitamin C, enhances t-cell production and boosts the immune system .

Lemons and limes....Contain vitamin C, bio-flavanoids and rids the body of toxins also used to support the immune system.

Strawberries....Contain vitamin C, B2, foliate potassium, iron, and alagic acid that seems capable of helping to neutralize the carcinogen found in cigarette smoke.

Cabbage.... This food is very low in Saturated Fat and Cholesterol. It is also a good source of Thiamin, Calcium, Iron, Magnesium, Phosphorus and Potassium, and a very good source of Dietary Fiber, Vitamin C, Vitamin K, Vitamin B6, Folate and Manganese.

CauliflowerThis food is very low in Saturated Fat and Cholesterol. It is also a good source of Protein, Thiamin, Riboflavin, Niacin, Magnesium and Phosphorus, and a very good source of Dietary Fiber, Vitamin C, Vitamin K, Vitamin B6, Folate, Pantothenic Acid, Potassium and Manganese.

Tomatoes.... Contain vitamin C, vitamin A, foliate potassium, iron, phosphorous, sulfur and organic sodium lycopene. Helps to decrease risk of lung cancer and cardio vascular disease.

Cucumbers....Full of silicon which helps to rehabilitate sprains and strain injuries to tendons and muscles and to give skin cells elasticity also promotes fingernail and hair growth and may prevent hair loss.

Spinach....Contains vitamin A, vitamin C, and the B vitamins, magnesium, calcium and potassium also contains a high amount of protein, the magnesium could help with migraine headaches.

Parsley....Contains chlorophyll, vitamin C, vitamin A, calcium magnesium, foliate, iron, sulfur and is considered a healing food. It also has a wonderful effect on the respiratory tract.

Celery.... This food is low in Saturated Fat, and very low in Cholesterol. It is also a good source of Riboflavin, Vitamin B6, Pantothenic Acid, Calcium, Magnesium and Phosphorus, and a very good source of Dietary Fiber, Vitamin A, Vitamin C, Vitamin K, Folate, Potassium and Manganese.

Red or Green bell peppers.... This food is very low in Saturated Fat, Cholesterol and Sodium. It is also a good source of Vitamin K, Thiamin, Riboflavin, Niacin, Potassium and Manganese, and a very good source of Dietary Fiber, Vitamin A, Vitamin C, Vitamin E (Alpha Tocopherol), Vitamin B6 and Folate. Contains vitamin C which enhances iron and calcium absorption also contains silicon which can reduce swelling and support skin nail and hair growth.

Asparagus.... A great blood purifier that soothes the nervous system and stimulates the kidneys as a diuretic. This food is low in Saturated Fat, and very low in Cholesterol and Sodium. It is also a good source of Pantothenic Acid, Calcium, Magnesium, Zinc and Selenium, and a very good source of Dietary Fiber, Protein, Vitamin A, Vitamin C, Vitamin E (Alpha Tocopherol), Vitamin K, Thiamin, Riboflavin, Niacin, Vitamin B6, Folate, Iron, Phosphorus, Potassium, Copper and Manganese.

Onion.... This food is very low in Saturated Fat, Cholesterol and Sodium. It is also a good source of Dietary Fiber, Vitamin B6, Folate, Potassium and Manganese, and a very good source of Vitamin C.

Ginger root....recognized as its medicinal value for colds, flu, arthritis, motion sickness, vertigo, digestive aid, menstrual cramps, and anti nausea.

Garlic....has extraordinary benefits in fighting bacteria like salmonella and staph infection, strep. It also destroys 20 pathogenic fungi, and has anti cancer activity, also the ability to lower cholesterol and triglyceride levels, helps kill candida and tape worms.

Green Beans.... The good: This food is low in Sodium, and very low in Saturated Fat and Cholesterol. It is also a good source of Protein, Thiamin, Riboflavin, Niacin, Vitamin B6, Calcium, Iron, Magnesium,

Phosphorus, Potassium and Copper, and a very good source of Dietary Fiber, Vitamin A, Vitamin C, Vitamin K, Folate and Manganese.

Radishes.... This food is low in Saturated Fat, and very low in Cholesterol. It is also a good source of Riboflavin, Vitamin B6, Calcium, Magnesium, Copper and Manganese, and a very good source of Dietary Fiber, Vitamin C, Folate and Potassium.

Zucchini.... This food is low in Saturated Fat and Sodium, and very low in Cholesterol. It is also a good source of Protein, Vitamin A, Thiamin, Niacin, Phosphorus and Copper, and a very good source of Dietary Fiber, Vitamin C, Vitamin K, Riboflavin, Vitamin B6, Folate, Magnesium, Potassium.

Lettuce.... This food is low in Saturated Fat and Sodium, and very low in Cholesterol. It is also a good source of Riboflavin, Vitamin B6, Calcium, Magnesium, Phosphorus and Copper, and a very good source of Dietary Fiber, Vitamin A, Vitamin C, Vitamin K, Thiamin, Folate, Iron, Potassium and Manganese.

Eggplant.... This food is very low in Saturated Fat, Cholesterol and Sodium. It is also a good source of Vitamin C, Vitamin K, Thiamin, Niacin, Vitamin B6, Pantothenic Acid, Magnesium, Phosphorus and Copper, and a very good source of Dietary Fiber, Folate, Potassium and Manganese.