

A top-down view of a strawberry field. A person's hand is visible at the top center, holding a single ripe red strawberry. Below the hand are three light blue plastic baskets, each filled with several strawberries. The ground is covered with dry straw mulch, and the strawberry plants with their green leaves and small red fruits are visible throughout the scene. The overall lighting is soft and natural.

20 Fruits & Vegetables That Heal Your Body

Tip #1

Bananas

Bananas are delicious and extremely convenient to eat. They're also high in potassium to fight cramps.

Tip #2

Apples

Rich in vitamin C, as well as epicatechin. One a day may indeed keep the doctor away!

Tip #3

Garlic

A true superfood. Garlic can kill germs, improve digestion, and cause vasodilation.

Tip #4

Carrots

Carrots are rich in vitamin A and lutein. They boost eye health, among other things.

Tip #5

Mushrooms

One of the only food sources of the amazing vitamin D. And packed with healthy protein.

Tip #6

Babyleaf spinach

Babyleaf spinach is a great source of folate. This is great news for pregnant mums-to-be in particular, seeing as folate is one of the most important nutrients for helping the normal and healthy development of the infant fetus.

Tip #7

Beets

Beets are used by athletes thanks to their ability to improve the delivery of oxygen to muscle.

Tip #8

Broccoli

Broccoli is one of the staples in our Western diet. It's also rich in folate, iron, calcium, and much more.

Tip #9

Cauliflower

The lesser-loved cousin of broccoli. Don't overlook this one though, it's packed with iron, calcium, and more.

Tip #10

Sauerkraut

Sauerkraut is a brilliant fermented food that can enhance your gut health and microbiome.

Tip #11

Oranges

Oranges are a very sweet source of vitamin C.

Tip #12

Blueberries

Blueberries are among the fruits most packed with antioxidants. The recommendation is to eat a healthy diet by trying to get as much natural color on your plate as possible. Time to bring some blue!

Tip #13

Strawberries

Packed with goodness, strawberries also go great with a lot of desert!

Tip #14

Grapes

Aim for red grapes and you'll benefit from resveratrol – a substance that may actually help you to live for longer.

Tip #15

Cherries

Cherries go amazingly well with dark chocolate. They taste great on their own. And they have TONS of health benefits.

But they're also high in melatonin – the sleep hormone. Perfect for getting better shuteye.

Tip #16

Cayenne Pepper

Cayenne pepper is a pepper that is used in spicy cooking. It is what gives your chilli powder a lot of its kick.

What you might not have known about this stuff, is that it is great for digestion, and that it can help to increase the metabolism several fold. This makes it highly useful for weight loss in particular. It also helps to kill off unwanted bacteria in the stomach.

Tip #17

Avocado

Avocado is all the rage at the moment. One of its big appeals is its high fat, low carb nature, which makes it ideal for low carb diets.

Tip #18

Rose Hip

Popular during WW2. This fruit is high in vitamin C to boost immunity.

Tip #19

Celery

Celery is fantastic for snacking when on a diet, thanks to its low calorie count and extraordinarily high amount of water.

Tip #20

Cucumber

Another great source of hydration. Did you know we get a large amount of our hydration FROM our food? Serve this on a tuna sandwich and it tastes amazing.