

## Did You Know...

- **Blueberries** are known to boost the memory if half a cup of them are eaten regularly
- If eaten frequently, **pineapple** can be a natural painkiller as it contains anti-inflammatory enzymes
- **Pomegranite juice** is believed to improve blood flow to the heart and lower blood pressure, and so can help prevent heart attacks
- **Kiwi** fruits contain lutein and can help improve your eyesight
- Mouth ulcers can often be cured using a natural sugar...**honey**
- As well as being a famous seaside treat usually found on top of a cone, as it contains Vitamin B2, **ice cream** can help maintain glossy hair
- **Rhubarb** can relieve constipation due to its natural laxative
- They may make your breath pong, but **onions** are high in allicin, which is a powerful antibiotic
- It may be Popeye's favourite, but **spinach** has high oxalate levels and can make kidney stones worse
- By eating a hot **red chilli** which contains capsaicin to break mucous membranes, you can breath more easily and get a better nights sleep
- **Mushrooms** contain more of an immune boosting antioxidant called ergothioneine than any other food, so can help prevent you catching a cold especially at winter time
- Sniffing the distinctive citrus **lemon** can help beat asthma
- Cloves of **garlic** can help cure mouth ulcers and verrucas
- Be kind to your heart...**coriander** is an aromatic herb and can lower your cholesterol level
- **Sesame seeds** can lower blood pressure and when sprinkled onto salads and are excellent sources of protein, calcium, iron and niacin
- Although full of vitamin C, drinking too much **orange juice** can cause teeth to rot
- By eating **breakfast**, probably the most important meal of the day, you can reduce the chances of developing throat cancer
- Placing a cold **tea bag** on a cold sore after making a cuppa can reduce inflammation and infection
- Eating **Cadbury** or **Nestle** treats made from cocoa beans helps you live longer
- **Figs** can delay brittle bone disease as they are packed with calcium

