Tomato contains lycopene, which helps the heart to function properly.

Citrus fruits -Female breast.

Citrus fruits contain substances called limonoids, which have been shown to inhibit the growth of cancer in experimental animals and human breast cells.



Grapes

Lungs. A diet high in fresh fruits, such as grapes, has been shown to reduce the risk of lung cancer and emphysema. Grape seeds also contain a chemical called proanthocyanidin, which appears to reduce the severity of allergic asthma.

### Ginger - stomach.

This herb is a bit like a stomach and it is characteristic that it helps in treating nausea and vomiting.

## Avocado - womb.

Avocado helps a lot in the reproductive system. It is a good source of folic acid, which is needed in large quantities by pregnant women, and it reduces the risk of cervical dysplasia.



### Celery - bones.

Celery is a basic source of silicon, which is part of the molecular structure that gives bones their strength.

Co-funded by the Erasmus+ Programme of the European Union ERASMUS+ KA2 2018 – 2020 FEEDS Nuts - brain. Walnuts are a brain food, as they contain high content of omega-3 fatty acids, which help brain function.

# Mushroom-Ear.

Mushrooms, it has been found, can help improve hearing, as still, mushrooms are one of the few foods that contain vitamin D. This vitamin is important for healthy bones, which even strengthens the tiny bones found into the ear that transmits sound to the brain.



Carrot - eye iris. Carrots are packed with vitamins and antioxidants, such as beta-carotene, which reduce the chance of macular degeneration, the leading cause of vision loss in older people.

Red wine - blood. Red wine, which is rich in antioxidants and polyphenols, including strong resveratrol, looks blood. like Reasonable wine consumption protects the arteries, reducing the increase in cholesterol.



### Beans - Kidney.

Kidney beans can really heal and help maintain good kidney function - and they look just like human kidneys. They contain many B vitamins and enhance the function of the kidneys in the body.

### Sweet Potatoes - Pancreas.

The sweet potato is very similar to the pancreas and really does a good job in the pancreas due to the high concentration of antioxidant betacarotene.







The European Commission support for the production of this publication does not constitute an endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein