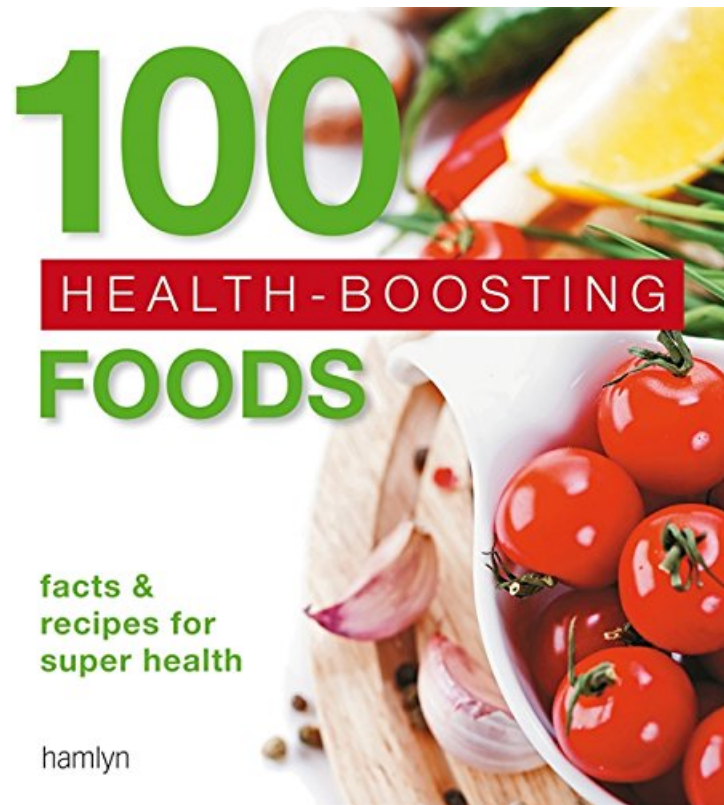


(Ebook free) 100 Health-Boosting Foods

## 100 Health-Boosting Foods

Hamlyn

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All you need to know about the 100 mega foods that will make a real difference to your health, plus mouthwatering recipes for every food. Did you know that avocados can help lower cholesterol and that tomatoes are full of cancer-beating lycopene? From chillis to cranberries and limes to lentils, find out all about 100 foods that will make a real difference to your health. Whether you want to cure a cold, have more energy, lower blood pressure or prevent heart disease, you'll find the 100 best foods here, complete with vital information and research about what each food contains and why it will boost your health. Choose from 100 delicious recipes and serving suggestions to get the best taste and the greatest benefits from your diet.