



# ANUME

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## FALL PRODUCE GUIDE

### SPINACH

- Strengthens Bones
- Improved Sight
- Maintains Blood Pressure
- Strengthens muscles
- Increases Metabolism

### BOK CHOY

- Prevents Cancer
- Anti-Inflammatory
- Lowers Blood Pressure
- Boost Immune System
- Strengthens Bones

### TURNIPS

- Aids Digestion
- Improves Blood Circulation
- Boosts Immune System
- Prevents Cancer
- Anti-Inflammatory

### COLLARD GREENS

- Detoxifies Body
- Lowers Cholesterol
- Strengthens Bones
- Lowers Blood Pressure
- Fights Cancer

### CARROTS

- Improves Vision
- Strengthens the Immune System
- Lowers Cholesterol
- Decreases Risk for Stroke, Cancer, and Heart Disease
- Prevents Cavities and Tooth Decay

### LETTUCE

- Hydrating
- Lowers Cholesterol
- Anti-Inflammatory
- Encourages Weight Loss
- Supports Heart Health