

## Nutrients List

- **White or Brown Rice** - the fiber found in rice can help lower cholesterol and make you feel full. Brown rice contains vitamins and minerals that help the blood transport oxygen.
- **Olive Oil** - rich in antioxidants, supports heart health, and is anti-inflammatory.
- **Garlic** - lowers blood pressure, anti-bacterial, improves memory, great for the skin
- **Onion** - controls blood sugar, boosts bone density, and improves digestive health
- **Collard Greens** - excellent source of vitamin A, vitamin C, and calcium, a rich source of **vitamin K**, and a good source of iron, vitamin B-6, and magnesium.
- **Okra** - rich in magnesium, folate, fiber, antioxidants, and vitamin C, K1, and A.
- **Roma Tomato** - a dietary source of the antioxidant lycopene, which has been linked to many health benefits, including reduced risk of heart disease and cancer. They are also a great source of vitamin C, potassium, folate, and vitamin K.
- **Sweet Potatoes** - promote gut health, supports healthy vision and immune system, and enhances brain function.
- **Cinnamon** - rich in antioxidants, anti-inflammatory, lowers blood sugar, kills bacteria, viruses, and fungi.
- **Honey** - antibacterial and antiseptic, suppresses coughs, supports a healthy immune system.
- **Shrimp** - is high in several vitamins and minerals, and is a rich source of protein. It promotes heart and brain health due to its content of omega-3 fatty acids and antioxidants.
- **Black Eyed Peas** - are an excellent source of iron, calcium, vitamin A, zinc, magnesium, and folate.
- **Lemon** - improves digestive health, strengthens the kidneys, protects against anemia.
- **Crushed Red Pepper** - helps give relief from digestive issues, pain and inflammation. They are also rich in Vitamins A, C, B-6, E, magnesium, iron, and potassium.
- **Ground Turmeric** - turmeric and its powerful ingredient, curcumin, are rich in antioxidants and have wonderful anti-inflammatory properties.