

# Healthy Eating

## Brain & Memory

Fish  
Nuts  
Berries

## Eyes

Carrot  
Cantaloupe  
Yams

## Teeth

Calcium  
Vitamin D  
Phosphorus

## Heart

Fiber  
Healthy fats  
Magnesium

## Skin

Vitamin A  
Vitamin C

## Digestive System

Fiber  
Good bacteria

## Bones

Calcium  
Phosphorus

## Joints

Calcium  
Vitamin C  
Vitamin D.

