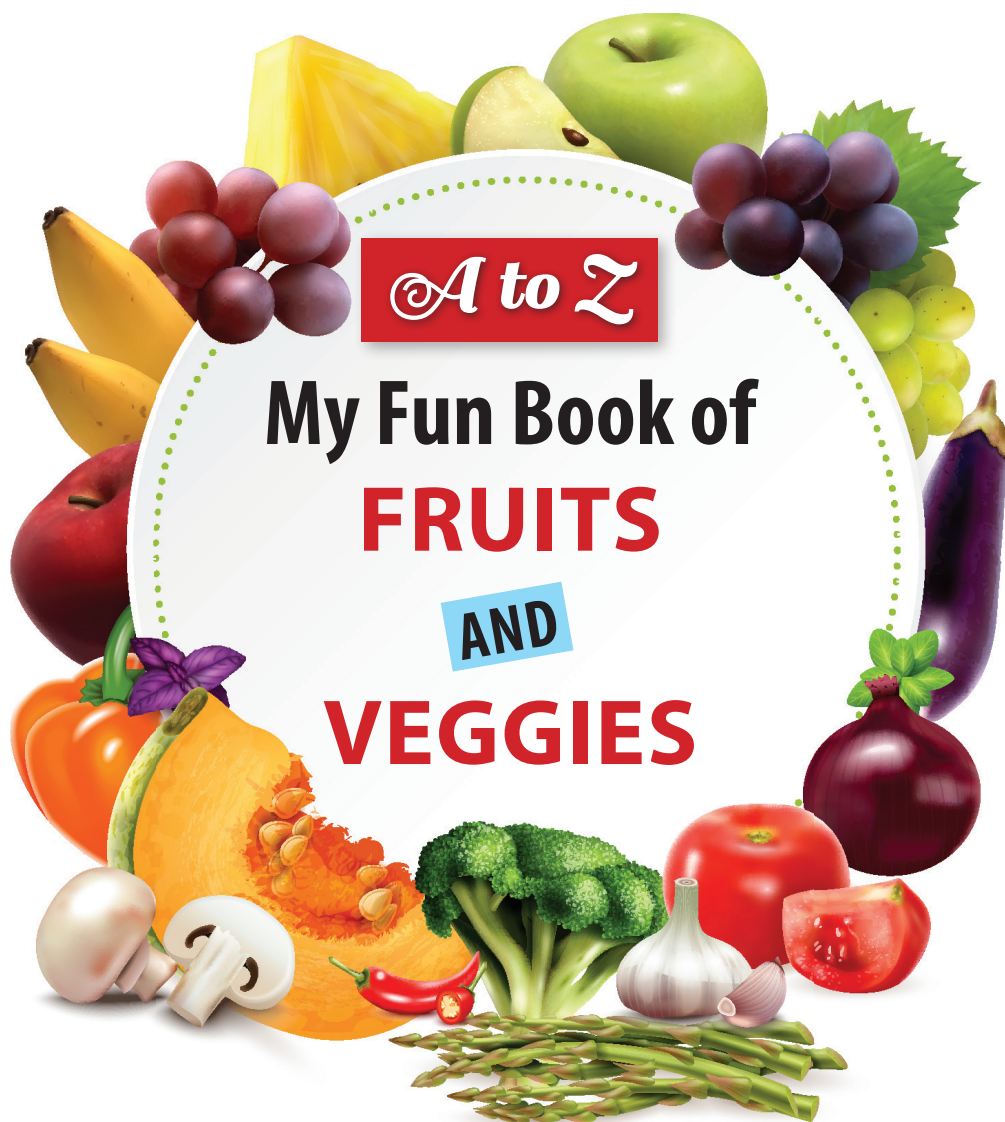


LET'S MAKE HEALTHY OUR NEW HAPPY SERIES



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## PREFACE

Get to know the **Let's Make Healthy Our New Happy series: A TO Z MY FUN BOOK OF FRUITS AND VEGGIES** from American Obesity Foundation founder and creative book author, **Afi Okon**, is focused on healthy food and lifestyle choices, starting at an early age.

Each spread of this book shows fruits and vegetables (veggies), from A to Z with beautiful illustrations, major nutrients, health benefits, as well as, a call to action. A foundation of good health needs to start early with kids and their caregivers leading the way, which is what this book hopes to initiate. This adorable and informative book is a great read anytime of the year.

# A

# Apple



## Components

Apples contain pectin, a type of fiber that acts as a prebiotic, which is the good bacteria for gut.

Apples are a rich source of polyphenols. These provide protection from chronic conditions, like heart disease and cancer.

## Benefits

Apple intake may significantly reduce Body Mass Index (BMI), leading to weight loss.

Apples are a good source of fiber which gives a feeling of fullness.

Apples promote brain health.





# A

# Asparagus



## Components

Asparagus is high in folate, a nutrient that is vital for a healthy pregnancy.

It is an excellent source of vitamin K, an essential nutrient involved in blood clotting and bone health.

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## Benefits

Asparagus intake has been shown to reduce blood pressure and the risk of heart disease.

Dietary fiber is essential for good digestive health.

Asparagus is high in insoluble fiber, which adds bulk to stool and supports regular bowel movements.



# B

## Banana



### Components

Bananas are high in potassium and contain good levels of protein and dietary fiber.

Lectin, a protein occurs in bananas that may help prevent leukemia cells from growing.

### Benefits

Eating bananas might help prevent wheezing in children with asthma.

Bananas help lower blood pressure and may reduce the risk of cancer.

Bananas may help preserve memory, boost a person's ability to learn and remember things, and regulate mood.

# B

# Beans



## Components

Beans are good for a protein building block called lysine.

Magnesium in beans helps in the formation of protein and bone, and stabilizes blood sugar.

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## Benefits

Eating a variety of beans helps to prevent diabetes and control the high blood sugar.

It helps children develop properly and aids the senses of smell and taste.

Beans contain amino acids that the body uses to heal and make new tissues, such as bone, muscle, hair, skin, and blood.



# C

# Cantaloupe



## Components

Lutein and zeaxanthin, which is present in cantaloupe, may help protect the eyes from damage.

Vitamin C in the fruit may protect against asthma.

## Benefits

Cantaloupe with its high-water content helps prevent dehydration.

The fiber, potassium and choline in cantaloupe support heart health.

Eating cantaloupe can help prevent constipation, promoting regularity and a healthy digestive tract.



# C

## Carrot



### Components

Carrots contain vitamin A which can prevent xerophthalmia, a progressive eye disease that can cause night blindness.

Carrots also contain antioxidants-lutein and zeaxanthin that help prevent age-related muscular degeneration, a type of vision loss.

### Benefits

Eating carrots can help prevent osteoporosis.

Carrots boost the immune system.

Eating carrots keeps the heart healthy.



# D Dragon Fruit



## Components

Betalains that are found in the pulp of red dragon fruit, protect LDL cholesterol from becoming oxidized or damaged.

Flavonoids in the fruit are linked to better brain health and a reduced risk of heart disease.

## Benefits

Dragon fruit is a low-calorie fruit that is high in fiber and helps in weight loss.

Dragon fruit promotes the growth of beneficial bacteria in your gut.

For those suffering from chronic pain due to arthritis, dragon fruit really helps.



# D

# Dandelion Greens



## Components

Dandelion greens contain vitamin K. Vitamin K plays a role in preventing osteoporosis and coronary heart disease.

Dandelion greens are rich in insulin, a type of fiber that stabilizes blood sugar levels.

## Benefits

It is a very low-calorie food.

The vitamins in dandelion greens come in handy in the event of an injury.

Dandelion greens are a nutritious vegetable, filled with beneficial vitamins, minerals, and phytochemicals.



# E

# Elderberry



## Components

Copper in the fruit is essential for producing red blood cells, and iron is vital for red blood cell formation.

Beta carotene, found in elderberries, is converted to vitamin A which fights inflammation, that impairs the functioning of cells and muscles.

## Benefits

Elderberry is used in folk medicine to treat colds and flu because of its antioxidant properties.

Elderberry syrup has medicinal properties and has been relieving pain since ancient times.

Elderberry can reduce the harmful impact of the sun by UVB-induced skin damage, as it suppresses oxidative damage and protects our skin.





# E

# Eggplant



## Components

Eggplant contains solasodine rhamnosyl glycosides (SRGs), a type of compound that shows potential in fighting cancer cells.

Eggplants are high in anthocyanins, a pigment with antioxidant properties that can protect against cellular damage.

## Benefits

White eggplant used to treat diabetes.

The roots of eggplant give relief from asthma.

Eggplant may reduce sugar absorption and increase insulin secretion, which can help lower blood sugar.



# F

# Fig



## Components

Figs are particularly rich in copper.

Vitamin B6 is a key vitamin found in figs, necessary to help the body break down dietary protein and create new proteins.

## Benefits

Figs are an alternative treatment for digestive problems like constipation.

Figs decrease blood pressure.

Figs have beneficial effects on the skin, in people with allergic dermatitis — dry, itchy skin.

# F

# Fennel



## Components

All parts of the fennel plant are rich in powerful antioxidants like chlorogenic acid, limonene, and quercetin.

Anethole in fennel helps to curb appetite.

## Benefits

Fennel may have anticancer properties.

Eating fennel is good for the heart.

Fennel has been shown to have galactogenic properties which helps breast feeding mothers to increase milk secretion.

# G

# Grapes



## Components

The polyphenols in grapes may help prevent cardiovascular disease.

Grapes are a good source of vitamin K that helps clot your blood.

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## Benefits

Eating grapes may help protect retina deterioration.

Grapes can reduce aging that leads to increased verbal memory performance and motor function.

Grapes are a good source of potassium, a mineral that helps balance fluids in the body.



# G

# Ginger Root



## Components

Gingerol is the main bioactive compound in ginger which is responsible for much of ginger's medicinal properties.

Ginger is effective at reducing symptoms of osteoarthritis of the knee.

## Benefits

It is used to aid digestion, reduce nausea, and helps fight the flu and common cold.

Ginger can be used fresh, dried, powdered, or as an oil or juice.

Ginger is highly effective against nausea.





# H

# Honeydew Melon



## Components

Honeydew melon is a low-sodium and potassium-rich fruit, that helps to maintain healthy blood pressure levels.

The melon is a good source of folate which helps to breakdown homocysteine which is been linked to reduced bone mineral density.

## Benefits

Eating the fruit is essential for healthy bones.

Regularly eating honeydew melon, is associated with a lower risk of diabetes.

Honeydew melon is made up of mostly water which contains electrolytes that may hydrate the body.



# H

# Horse Radish



## Components

Horseradish contains a chemical compound called sinigrin that could help relieve symptoms of atherosclerosis.

Horseradish has an antibacterial component called allyl isothiocyanate that kills harmful bacteria.

## Benefits

Dried horseradish effectively treats sinus infections and bronchitis.

Horseradish may prevent the growth of colon, lung, and stomach cancer cells.

It can add flair to any dish you make with it.



# I

## Icaco



### Components

Icacos are very rich in lipoprotein cholesterol levels considered beneficial to build and sustain cell membranes.

Icacos are rich in antioxidants, chlorogenic acid, and phytonutrients that are natural nutrients that help combat cancer cells.

### Benefits

Icaco is used to treat dysentery and diarrhea.

Icaco is healthy to prevent diabetes.

People with kidney issues should eat icaco.



# I

# Iceberg Lettuce



## Components

Iceberg lettuce is packed with Vitamin K, which has been shown to help with blood clotting.

Folate, or folic acid found in iceberg lettuce. Folic acid is critical for fetal development, especially in the first trimester.

## Benefits

Iceberg lettuce is also rich in Vitamin A, a nutrient that has been shown to help with eye health.

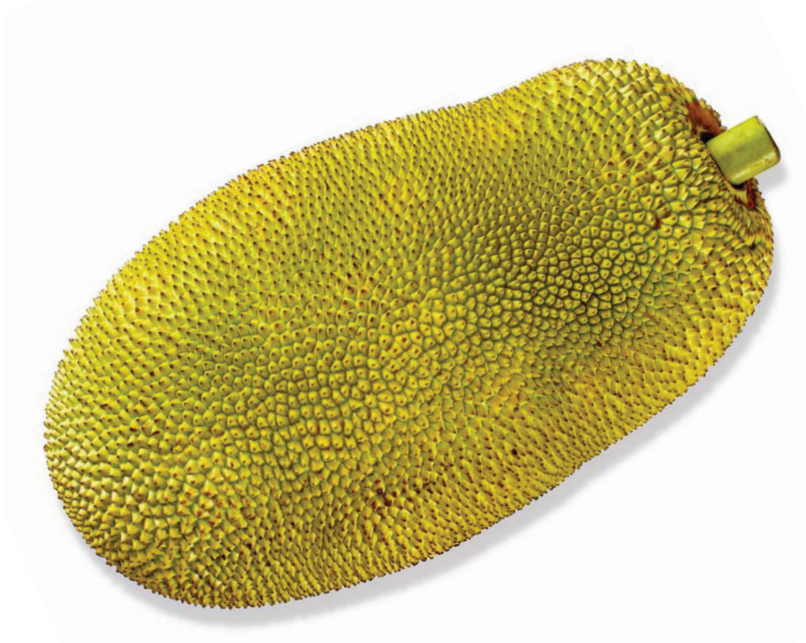
Iceberg lettuce has high water content and is low in calories.

Iceberg lettuce is most commonly used in salads.



# J

# Jackfruit



## Components

Carotenoids, the pigments that give jackfruit its yellow color, are high in vitamin A and protect against cataract.

The high amounts of vitamin C in jackfruit help protect skin from sun damage.

## Benefits

Jackfruit is a good source of fiber that helps keep your bowel movements regular.

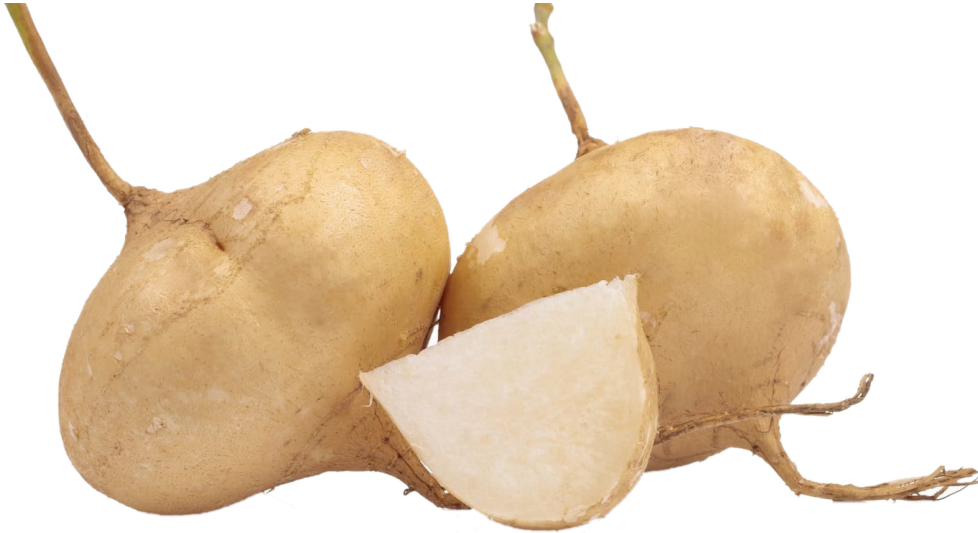
The natural chemicals in jackfruit help prevent stomach ulcers.

Jackfruit extract makes it easier for people with diabetes to control their blood sugar.



# J

# Jicama



## Components

Jicama is a good source of antioxidants like vitamin C.

Jicama contains potassium, which helps lower blood pressure by relaxing the blood vessels.

## Benefits

It is low in calories and high in fiber and water, making it a weight loss-friendly food.

Jicama has numerous nutrients that improve heart health.

Jicama leads in blood increased circulation and better exercise performance.



# K

## Kiwifruit



### Components

Kiwi contains large amounts of Vitamin C, which stimulates the body's immune response.

The high levels of antioxidant vitamins and carotenoids found in the kiwifruit aid in preventing eye disease.

### Benefits

Kiwi helps in the reduction of wheezing symptoms in asthma patients.

Fiber in the fruit can help reduce constipation and other gastrointestinal issues and discomfort.

The kiwifruit possesses properties that lower blood pressure.



# K

## Kale



### *Components*

Kale contains chlorophyll that can help prevent the body from absorbing heterocyclic amines.

Kale contains calcium and phosphorus that are crucial for healthy bone formation.

### *Benefits*

A high consumption of fiber may help reduce the risk of colorectal cancer.

Kale is high in fiber and water, both of which help prevent constipation.

The protein in kale provides structure for skin, hair, and bones.





# L

# Lychee



## Components

Lychee fruit contains a polyphenol called oligonol. This acts as an antioxidant which may affect cortisol levels after exercise.

A compound in lychees known as hypoglycin A can cause your blood sugar level or hypoglycemia to drop.

## Benefits

Lychee fruit may be able to help control liver disease.

Lychee may have the potential to stop the cell growth of different cancers.

Eating lychee can help you fight colds very effectively.



# L

## Leek



### Components

Leeks are rich in a flavonoid called kaempferol. Flavonoids are antioxidants, that have anticancer properties.

Leeks are rich in Vitamin K, which may reduce the risk of osteoporosis.

### Benefits

Leeks contain substances that reduce the risk of cataracts.

They are a low-calorie food; so, can be part of a weight management program.

Leeks can be eaten raw and cooked.



# M

# Mango



## Components

Mango helps to absorb the iron your body uses to make protein for red blood cells.

Mangoes are the source of a compound known as mangiferin, which reduce inflammation of the heart.

## Benefits

The vitamin C in mango helps activate collagen which is a building block for skin, bones, hair, and muscles.

Mangoes can help stabilize the digestive system.

They are critical for avoiding birth defects.





# M

# Mushrooms



## Components

Mushrooms are a good source of Vitamin D, an important component in bone and immune health.

They are an excellent source of zinc, a vital nutrient for optimal growth in infants and children.

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## Benefits

Mushrooms mitigate the risk of developing serious health conditions, such as Alzheimer's.

They lower the blood pressure.

Mushrooms can reduce the negative impact that sodium has on the body.



# N

## Nectarine



### Components

Vitamin-C in the fruit is a powerful water-soluble antioxidant for connective tissue formation within the body.

Consumption of vitamin-A is known to offer protection from lung and oral cavity cancers.

### Benefits

Eating nectarine helps prevent anemia, a condition that results from a lack of hemoglobin.

Nectarines may aid weight loss.

Consumption of vitamin-A in nectarine is known to offer protection from lung and oral cavity cancers.

# N Napa Cabbage



## Components

Napa cabbage is good for mothers-to-be because it has high levels of calcium, iron, folic acid and vitamins A, B2 and C.

It provides vitamin k, which helps to maintain bone health and aids in bone formation.

## Benefits

Napa cabbage is an important food in cancer prevention.

The cabbage is good for skin, hair and nails.

It can be used in salads, soups, side dishes, stir-fries and more!



# O

# Orange



## *Components*

Oranges are an excellent source of vitamin C. Vitamin C is vital for a healthy immune system.

Oranges, being rich in Vitamins B6, help support the production of hemoglobin.

## *Benefits*

Oranges have both soluble and insoluble fibre which helps in keeping the intestines and stomach function smoothly. This prevents irritable bowel syndrome and constipation.

This sweet fruit is good for controlling colds and recurrent ear infections.

The anti-oxidants present in oranges help protect skin from free radical damage that causes aging.



# O

# Onion



## Components

Onions are very rich in healthy soluble fibers called fructans which feed the beneficial bacteria in the gut.

Thiosulfinates are sulfur-containing compounds in onions that may inhibit the formation of blood clots.

## Benefits

Onions contain antioxidants that help counter free radical compounds in relation to stomach and colorectal cancers.

Onion in the form of juice or gel extract is used for application over months to reduce scarring.

Taking onion extract for 6 weeks reduces systolic blood pressure in people with high blood pressure.





# P

## Papaya



### Components

Papaya has folic acid, which is essential for converting the amino acid homocysteine into less harmful amino acids.

Papaya fruit contains two enzymes, papain and chymopapain. Both enzymes digest proteins.

### Benefits

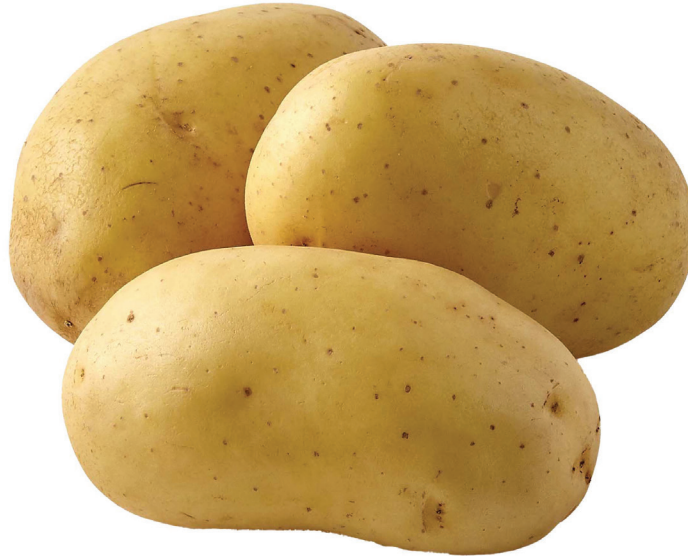
Papaya's high fiber content may reduce the risk of heart disease.

Eating papaya can help the body to fight off bacterial and viral illnesses.

Papaya are good sources of lycopene which reduces the risk of prostate cancer.

# P

## Potato



### Components

The fiber found in potatoes is called “resistant starch” which acts as a prebiotic – food for good bacteria in the large intestine.

Baked potato skin is a great source of potassium and magnesium.

### Benefits

Eating potato itself is fat and cholesterol free as well as low in sodium.

It can prevent or treat constipation and irritable bowel syndrome.

A potato-rich diet lowers your risk of heart disease and cancer.



# Q

## Quince



### Components

Antioxidants in quinces, including flavonols like quercetin and kaempferol, safeguard against heart disease.

Quince fruit extracts may prevent and treat artificially induced allergic dermatitis.

### Benefits

Quince can help to alleviate early pregnancy symptoms like nausea and vomiting.

Quince juice inhibits the growth of *H. pylori*, a bacterium known to cause stomach ulcers.

Quince syrup may help manage symptoms of gastroesophageal reflux disease (GERD), commonly known as acid reflux.





# Q

## Quinoa leaves



### Components

The leafy green quinoa are a major source of protein, amino acids, and minerals in the human diet.

The highest amounts of minerals in quinoa dry leaves are copper, manganese, and potassium.

### Benefits

Quinoa can lower risk of diabetes.

They can prevent damage to body organs.

These leaves are linked with a decreased risk of heart disease.



# R

# Raspberry



## Components

Raspberry contains manganese, which is necessary for healthy bones and skin and helps regulate blood sugar.

The omega-3 fatty acids in raspberries can help prevent stroke and heart disease.

## Benefits

Raspberries add a sweet taste to dishes, which can reduce your desire to sweeten food with artificial preservatives.

Raspberries prevent wrinkles and sagging of skin.

Raspberries provide potassium that is essential to heart function, and proven to lower blood pressure.



# R

## Radish



### *Components*

The radish is a good source of natural nitrates that improve blood flow.

Radishes are very low in carbs, which makes them a great choice for people monitoring their weight.

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### *Benefits*

Radish helps to cleanse our liver and stomach, thus detoxifying it.

Radish helps to purify our blood.

They keep hypothyroidism in check too.



# S

# Strawberry



## Components

Strawberries are among the top fruits for antioxidant capacity and are a source of manganese and potassium.

Strawberries also contain decent amounts of folate (vitamin B9).

## Benefits

The consumption of strawberries reduces pain for people with osteoarthritis.

Strawberries have anti-inflammatory effects that prevent skin damage when applied topically.

The polyphenols in strawberries improve insulin sensitivity in non-diabetic adults.



# S

## Squash



### Components

Several squash varieties are rich in vitamin B6 which help in mental health concerns such as depression.

Beta-carotene in squash can play a role in protecting the skin from sun exposure.

### Benefits

Squash aids in digestion.

This vegetable boost bone strength.

It helps the body's ability to process fats and carbohydrates.



# T

# Tangerine



## Components

Tangerines have an abundance of vitamin C.

They also have a moderate amount of vitamin A.

## Benefits

Tangerines are a good source of dietary fiber.

Tangerine peel is a key ingredient of many Chinese dishes, such as tangerine beef.

The fruit supports eye health by delaying the onset of cataracts and age-related macular degeneration.



# T

# Tomato



## Components

The vitamin C and beta-carotene in tomato juice may help support the immune system.

Anti-oxidants such as lycopene, reduce the risk of heart disease and certain cancers.

## Benefits

A tomato-rich diet has been linked to a reduced risk of heart disease.

Tomato reduces blood cholesterol and triglycerides—a type of fat in your blood.

It helps infertility in males.



# U

# Ugli



## Components

Ugli fruit contains several plant compounds known as phenols, which have many health benefits.

Ugli fruits are full of compounds called flavonoids such as naringenin.

## Benefits

Ugli fruit an excellent low-calorie snack for those who are trying to lose weight.

The vitamin C plays an important role in wound healing and the development of collagen, a protein in the body.

It can replace orange or tangerine in most recipes.



# U

## Ulluco



### Components

Fresh tubers of ulluco are a valuable source of carbohydrates.

Ulluco tubers contain a significant value of vitamin C.

### Benefits

Ulluco retains its crisp texture even when cooked.

The ulluco has important nutrients for the growth stage of a child.

Its calcium is very important for women who are in the gestation stage.



# V

# Vanilla Bean



## Components

Vanilla bean can reduce cholesterol levels. This is very important for those who are at high risk of strokes.

It can reduce acne with its antibacterial properties.

## Benefits

Vanilla bean is great for hair –it used as an essential oil can strengthen the hair.

Vanilla beans are used to add real vanilla flavor to sauce, frosting, syrup, ice cream, beverages, and a variety of desserts.

It can help with anxiety– the strong aroma has a direct impact on the nerves that induce calm and relieve stress.

# V

# Velvet Bean



## Components

The extract of velvet beans helps to boost the libido in both men and women.

Parkinson's disease which is a nerve disease can be treated with velvet beans as a home remedy.

## Benefits

The velvet bean has the ability to boost pleasure and peacefulness.

Velvet beans are popularly used as feed for Poultry, Fish, and Cattle.

Velvet beans have gained popularity due to their immense medicinal properties.





# W

# Watermelon



## Components

Watermelon comprises 92% water, making it a great choice for daily water intake for staying hydrated.

Watermelon contains a variety of nutrients, including potassium, magnesium, and vitamins A and C.

## Benefits

Several nutrients in watermelon support heart health.

The watermelon compound lycopene has benefits for your eyes.

Watermelon is also a rich source of citrulline, an amino acid that may improve exercise performance.



# W Watercress



## Components

It is rich in vitamin A—also known as retinol—which is important for keeping retinas healthy and vision good.

Watercress is rich in vitamin K that is needed for blood clotting.

## Benefits

Potassium in this vegetable helps your body regulate salt levels, blood pressure, and the health of your bones.

It helps support heart health.

Eating it lowers the risk of cancer and arthritis.



# X

## Xigua



### Components

Xigua contains antioxidant compound known as lycopene that protects the DNA.

Xigua contains beta carotene, which the body through metabolic processes converts to vitamin A.

### Benefits

Xigua is usually eaten in slices as dessert and it is pronounced “she gwah”.

Xigua helps in treatment of many infections in the body, including inflammation of the joints.

Vitamin B5, also known as pantothenic acid, is necessary for making blood cells and converting food into energy.





Jackfruit is the largest tree fruit in the world capable of reaching 100 pounds.



Strawberries are very high in fiber and lowest in sugar.



Wolffia has the smallest fruits not larger than grains of salt.



Durian is the world's smelliest fruit. A ripe Durian smells like a dead animal.



Yubari King Melon is the most expensive fruit in the world. At a traditional auction, one melon can cost more than 11,000 dollars.

# Y

## Yangmei



### Components

Yangmei strengthens the elasticity of blood vessels which slows the collapse of collagen that keeps skin wrinkle-free.

Yangmei contain essential micronutrients, including a high amount of anthocyanins and flavonols.

### Benefits

The fruit cleanses stomach and intestines.

It quenches thirst and is effective to cure diarrhea.

The fruit has been used as an astringent, antidote and anti-diarrhetic in traditional Chinese medication.



# Y

# Yam



## Components

Copper in yam is vital for red blood cell production and iron absorption.

Yams contain a unique compound called diosgenin, which promotes neuron growth and enhance brain function

## Benefits

Eating yam boosts your brain.

Yam may ease symptoms of menopause.

The anti-oxidants in yam help to overcome inflammation.



# Z

## Zucchini



### Components

Compounds in Zucchini such as lutein and zeaxanthin protect the eye's cells by filtering blue light wavelengths.

Carotenoids — such as beta-carotene — are particularly plentiful in zucchini.

### Benefits

Zucchini is used as a substitute for pasta or other carb-dense ingredients.

Fiber in the fruit plays an important role in digestion and limits the likelihood of suffering from a variety of GI issues.

Zucchini is rich in vitamin B6 which helps in regulating blood glucose and plays a protective role against diabetes.



# Z

## Zucchini



### Components

Zucchini also holds a lot of water and fiber.

Its vitamin C is a daily support your immune system and helps aid in disease prevention.

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### Benefits

Zucchini is a popular vegetable used in diets for those trying to lose weight.

Zucchini can be eaten as fries or fritters.

It naturally lowers cholesterol levels.



