

Health to clean and  
refresh the mouth. in



**ASSIGN  
BUSTER**

Health is a very important thing to be maintained. So if we do not want our health disturbed it helps us maintain a healthy lifestyle. Good regular exercise and adequate rest are not enough to make our immune system strong to withstand the various diseases that are around us. By eating healthy foods and contains many substances that are needed by the body we can strengthen our immune system from the inside so it is not susceptible to disease. Here are some foods that belong to a healthy meal.

1. Apple Apples have the most nutritional content. While the mineral content of potassium, calcium, iron, and zinc. Apples are also very useful for you who are dieting because it contains fiber. The fiber in it is also good to get rid of the bad cholesterol in the body. Apple is one of the healthiest foods in the world besides bananas. Therefore, the apple also contains tannin that serves to clean and refresh the mouth. In addition, there are many other apple nutrients such as flavonoids that serve to reduce the risk of cancer.

Tartar acid that can digest and kill bad bacteria in the digestive tract. 2.

Banana Inside bananas contain high potassium so it is good for nerve function, muscle function and maintain fluid balance in the body.

Potassium is also very good for controlling high blood pressure. In addition to potassium content in bananas, vitamin C contained in bananas is also very useful to boost the immune system, helps the absorption of nutrients such as iron and also maintain cell health. In addition to vitamin C, bananas also contain vitamin B6 which helps the body's metabolic processes. In addition to containing potassium and some vitamins that the body needs, bananas also contain several nutrients such as magnesium, calcium, phosphorus,

carotene, amino acids and folate. 3. Avocado Avocados contain folic acid which can reduce the risk of cancer.

In addition, avocado also has Vitamin K is good for bone health and can prevent the occurrence of osteoporosis. There are also lutein and zeaxanthin substances that can maintain eye health. Both substances are included in the class of phytochemicals that act as antioxidants that can minimize the risk of macular degeneration with age. 4.

Potatoes Potatoes included in the category of vegetables “ underground” has the content of iron that can prevent kidney disease because iron contained in potatoes can resist the precipitation of kidney stones in the network system. In addition, potatoes also contain vitamin B6 that can increase intelligence and vitamin C that can increase endurance and maintain healthy skin. Not only that, potatoes also contain several other nutrients such as carbohydrates, proteins, minerals, and phosphorus. 5.

Garlic Besides having a function as a spice cook, it turns out garlic is also good for health. That’s all because garlic has a “ diallyl trisulfide” compound that is believed to be good as a treatment for heart disease. This compound also serves to fight the bacteria that cause infection in the intestine. In addition to containing the compound “ diallyl trisulfide”, garlic also contains compounds “ organosulfur” which serves as an exterminator of brain cancer cells. 6.

Spinach Spinach is rich in iron that is essential in building red blood cells that carry oxygen throughout the body. In addition to containing iron, spinach also contains vitamin A for eye health, vitamin C for the body’s immune

system and vitamin K is good for bone health. 7. WalnutsWalnuts are very good for health that can repair endothelial cells. Endothelial cells are cells located in blood cells. This cell is attacked by diabetes to cripple the blood vessels.

If this cell works well, then the blood vessels are protected. In addition, walnuts have another content that is good alpha-linolenic acid to protect the arteries and prevent the occurrence of plaque in the arteries. There are also amino acids that help control blood pressure. 8.

SalmonAnd the last is salmon, omega 3 content in salmon is good for heart health. The content can also reduce the occurrence of inflammation throughout the body. Inflammation that if not controlled can damage blood vessels.

Another function of omega 3 is to lower bad cholesterol and lower blood pressure as well. There are many benefits of this salmon because salmon is an excellent source of Vitamin D. In other words, this salmon is good for bones. Knowing this information is expected to help you in choosing healthy and beneficial foods for your body. Because healthy is expensive so we must keep it