

Each body part has a job to do—and favorite foods that help it shine!



Brain: Helps you think, learn, and remember
Almonds, fish oil, leafy greens



Eyes: Help you see near and far
Carrots, eggs, sweet potatoes



Teeth: Chew your food and keep your smile bright
Cheese, yogurt, leafy greens



Skin: Protects you and helps you feel things
Avocados, seeds, water



Hair: Grows and shines on your head
Eggs, berries, spinach



Heart: Pumps blood and keeps you moving
Oats, berries, salmon



Lungs: Help you breathe in air
Apples, nuts, broccoli



Muscles: Help you move, lift, and play
Beans, bananas, chicken



Bones: Keep you tall and strong
Milk, sardines, greens



Blood: Carries oxygen through your body
Spinach, lentils, citrus fruits



Tummy: Digests your food
Yogurt, apples, whole grains



Liver: Cleans up your body's leftovers
Beets, grapefruit, greens



Kidney: Filter your body's liquids
Water, cucumbers, cranberries



Joints: Help you bend and stretch
Fish, olive oil, turmeric



Nail: Protect your fingertips
Whole grains, eggs, nuts



Feet: Help you walk, jump, and play
Pumpkin seeds, oranges, protein



Immune system: Fights off germs
Garlic, mushrooms, citrus fruits

