**3500 Food description**

1. Almond: high in vitamin E, assist blood sugar control
2. Walnut: rich in antioxidants, may decrease inflammation
3. Pistachio: low calories, good for eye health.
4. hazelnut：lowering cholesterol, support heart health
5. Wholegrain bread: provides fibre, vitamins, minerals.
6. Multigrain bread: high in protein, lowers cholesterol.
7. Baguette: high in Vitamin B and iron.
8. Rice: rich in carbohydrates.
9. Oat: lower blood sugar levels, reduce heart disease rate.
10. Feta cheese: high in protein, good source of calcium.
11. Goat milk cheese: source of protein, calcium, and healthy fats.
12. Butter milk cheese: Boosts energy, good for bones.
13. Mozzarella cheese：support bone health, boosts immune system.
14. Parmesan cheese: naturally lactose-free, good source of protein.
15. Greek yogurt: provide muscle-building protein, contains skeleton-supporting calcium.
16. natural yogurt: high in protein, calcium, vitamins.
17. Yogurt Salad Dressing：get protein boost, healthy blood pressure levels
18. oregano: reduce cough.
19. Rosemary: improve memory, simulate hair growth
20. Thyme：rich in Vitamin A and Vitamin C.
21. Garlic: reduce the risk of heart attacks, have anti-cancer properties.
22. Lemon: help control weight, reduce cancer risk.
23. Lemon Juice: Vitamin C, weight loss.
24. Basil: reduction of oxidative stress, reduce inflammation.
25. Parsley: reduce risk of diabetes and stroke.
26. Black pepper: high in antioxidants, may benefit brain.
27. Wheat flour: high in nutrients and fibre
28. Onion: high in vitamin C, regulate immune health

**Olive:** Olives can reduce cancer risk and boost cardiovascular, digestive, brain, eye, skin and hair health thanks to their antioxidant.

**Vegetable:**

Tomato: Tomatoes are low in calories and provide important nutrients like vitamin C and potassium. Rich in antioxidants, reduces the risk of heart disease and certain cancers.

Cucumber: Cucumber has high water content, helps weight loss, balance hydration, and digestive regularity.

Onion: Onion helps with blood sugar levels, improves digestive health, and fights off inflammation in the body.

Carrot:

Carrots are rich in vitamins, minerals, and antioxidant compounds, which help support immune function and digestive health.

Eggplant:

Eggplant is a nutrient-rich food that contains fibre, vitamins, and minerals. Eggplants boast a high number of antioxidants.

Spinach:

Spinach may decrease oxidative stress, improve eye health, and help prevent heart disease and cancer.

Celery:

Celery has a high water content and contains numerous vitamins and minerals, including potassium and calcium.

Colour Pepper:

Reduces the risk of cataracts and macular degeneration, protects against chronic diseases and delays age-related memory lost.

Mushroom:

Mushroom provides a sourcw of vitamin D, decreases the risk of cancer, lowers sodium intake, promotes lower cholesterol and protects brain health.

**Fruit:**

Grape:

Grapes are a rich source of antioxidants, helping boost heart health, preventing cancer, managing blood pressure and protecting eyes.

Orange:

Oranges are an excellent source of Vitamin C, the fiber in orange can balance blood sugar and reduce high cholesterol to prevent cardiovascular disease.

Lemon:

High in Vitamin C and fibre, supports heart health, weight control and digestive health.

Grapefruit:

Grapefruit is a tropical citrus fruit known for its sweet yet tart taste. It is rich in nutrients, antioxidants, and fibre. This makes it one of the healthiest citrus fruits you can eat.

Fig:

Figs are rich in anti-inflammatory antioxidants and provide fibre and smaller amounts of a variety of minerals. They may also support digestive, gut, and menstrual health, improve inflammatory conditions, aid weight management, and offer cancer protection.

Apple:

Apples may lower your chance of developing cancer, diabetes, and heart disease. Research says apples may also help you lose weight while improving your gut and brain health.

Pear:

Pears are a powerhouse fruit, packing fibre, vitamins, and beneficial plant compounds. These nutrients are thought to fight inflammation, promote gut and heart health, protect against certain diseases, and even aid weight loss.

pomegranate：

Pomegranates are low in calories and fat but high in fibre, vitamins, and minerals. Benefits include antioxidants, heart health, urinary health, exercise endurance, and more.

Strawberry:

Strawberries are rich in vitamin C and other antioxidants, which help reduce the risk of serious health conditions like cancer, diabetes, stroke, and heart disease.

**Fish**

mackerel：

Mackerel is rich in high-quality protein, Omega-3 fatty acids, and numerous vitamins and minerals including vitamin D, vitamin B12, and selenium. Regular consumption of mackerel can contribute to heart health, improved cognitive function, stronger bones, and enhanced immune function.

Cod:

Cod is rich in vitamin B12, which is an important part of your body’s nerves and blood cells. Vitamin B12 also helps prevent anemia by keeping your red blood cells in good condition.

Salmon: Salmon is particularly high in selenium, an important nutrient that is involved in DNA synthesis, thyroid hormone metabolism, and reproductive health. It’s also a great source of omega-3 fatty acids, a type of heart-healthy fat that can decrease inflammation and support brain health.

**Bean:**

Adzuki bean(Red bean):

Adzuki beans are a good source of iron, phosphorus and potassium. They're also an excellent low-fat source of protein and dietary fibre. Red beans also contain phytonutrients.

Black bean:

Black beans are full of plant-based protein, dietary fibre, and antioxidants.

Mung bean:

Mung beans are one of the best plant-based sources of protein. They’re rich in essential amino acids, antioxidants, and nutrients that may help reduce blood pressure, LDL cholesterol levels, and heart disease risk.

**Poultry:**

Chicken:

Chicken makes a fantastic substitute for red meats. A great source of protein, stronger bones and muscles.

Beef:

Beef is rich in various vitamins and minerals, especially iron and zinc. Beef could help to maintain muscle mass, improve exercise performance, and prevent Anemia.

Duck:

Duck can have fewer calories than other poultry which is helpful to control weight. It’s high in iron and packed with numerous essential vitamins.

**Reference:**

**Nut:**

Almond

Image: <https://unsplash.com/photos/hw8vOPAIZgk>

Description: <https://www.healthline.com/nutrition/9-proven-benefits-of-almonds>

Walnut

Image: <https://unsplash.com/photos/S2DoVDKRTqA>

Description: <https://www.health.harvard.edu/blog/health-benefits-of-walnuts-2018081314526>

Pistachio

Image: <https://unsplash.com/photos/Dhs0h7LdlN4>

Description: <https://www.webmd.com/food-recipes/benefits-pistachios>

Hazelnut

Image: <https://unsplash.com/photos/nuaxGRQ9elM>

Description: <https://www.medicalnewstoday.com/articles/323807>

**Bread and cereals**

Wholegrain bread

Image: <https://unsplash.com/photos/KDxZBfEJ6fA>

Description: <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/whole-grains/art-20047826>

Multigrain bread

Image: <https://unsplash.com/photos/a-loaf-of-whole-wheat-bread-on-a-white-surface-h3MVMRHitDU>

Description: <https://theobroma.in/blogs/articles/benefits-of-multigrain-bread>

Baguette

Image: <https://unsplash.com/photos/YB7OvJ0ojl8>

Description: <https://facts.net/baguette-nutrition-facts/>

Rice

Image: <https://unsplash.com/photos/-LdilhDx3sk>

Description: <https://www.chhs.colostate.edu/krnc/monthly-blog/is-rice-good-for-you/>

Wheat flour

Image: <https://unsplash.com/photos/clUKWRNm27w>

Description: <https://indiagateflours.com/blog/benefits-of-wheat-flour>

Oat

Image: <https://unsplash.com/photos/Y-VDI9vQS3M>

Description: <https://www.healthline.com/nutrition/9-benefits-oats-oatmeal>

**Cheese:**

Feta cheese

Image: <https://unsplash.com/photos/jntQPBIK_sE>

Description: <https://www.bbcgoodfood.com/howto/guide/health-benefits-feta-cheese>

Goat milk cheese

Image: <https://unsplash.com/photos/3oxa_NIv6Jg>

Description: <https://thehumblegoat.com/benefits-of-goat-cheese/>

Butter milk cheese

Image: <https://unsplash.com/photos/KaK2jp8ie8s>

Description: <https://pharmeasy.in/blog/health-benefits-of-buttermilk/>

Mozzarella cheese

Image: <https://unsplash.com/photos/Z9H78pwQJMY>

Description: <https://www.relish.com/food-wiki/153843/mozzerella-cheese-important-facts-health-benefits-and-recipes>

Parmesan cheese

Image: <https://unsplash.com/photos/jeAjT87nbjM>  
Description: <https://www.relish.com/food-wiki/153751/parmesan-cheese-important-facts-health-benefits-and-recipes>

**Yogurt:**

Greek yogurt

Image: <https://unsplash.com/photos/k2m_KNqF-Ac>

Description: <https://www.eatingwell.com/article/8015607/greek-yogurt-benefits/>

Natural yogurt

Image: <https://unsplash.com/photos/NFHeBysjCTI>

Description: <https://www.medicalnewstoday.com/articles/295714>

Yogurt Salad Dressing

Image: <https://unsplash.com/photos/R1exaWKXBzY>

Description: <https://www.eatthis.com/yogurt-benefits/>

**Herbs and spices**

Oregano

Image: <https://unsplash.com/photos/vpRo02-uGw4>

Description: <https://www.webmd.com/vitamins/ai/ingredientmono-644/oregano>

Rosemary

Image: <https://unsplash.com/photos/9AOZGBEqyOs>

Description: <https://www.mountsinai.org/health-library/herb/rosemary>

Thyme：

Image: https://[unsplash.com/photos/3u902q5s4Gg](http://unsplash.com/photos/3u902q5s4Gg)

Description: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9147557/>

Garlic:

Image: <https://unsplash.com/photos/qvLuYkT3Wj0>

Description: <https://www.bbcgoodfood.com/howto/guide/ingredient-focus-garlic>

Lemon:

Image: <https://unsplash.com/photos/adLLNTSZVX4>

Description: <https://www.healthline.com/nutrition/6-lemon-health-benefits#TOC_TITLE_HDR_5>

Lemon juice:

Image: <https://unsplash.com/photos/ofcnEEKO23M>

Description: <https://www.healthline.com/health/food-nutrition/benefits-of-lemon-water>

Basil

Image: <https://unsplash.com/photos/BDoivREqRDM>

Description: <https://www.webmd.com/diet/health-benefits-basil>

Parsley

Image: <https://unsplash.com/photos/ROLioAWYkhM>

Description: <https://www.webmd.com/diet/health-benefits-parsley>

Black pepper

Image: <https://unsplash.com/photos/jtKNexfk33c>

Description: <https://www.healthline.com/nutrition/black-pepper-benefits#3.-May-benefit-your-brain->

Onion

Image: <https://unsplash.com/photos/bC1fXU1v98U>

Description: <https://www.healthline.com/nutrition/onion-benefits>

**Olive:**

Image & Descroption: <https://www.stylecraze.com/articles/amazing-health-benefits-of-olives/>

**Vegetables:**

Tomato

image: <https://unsplash.com/photos/d2aZ2MJBSeU>

description: <https://www.health.com/nutrition/health-benefits-tomatoes#:~:text=Tomatoes%20are%20low%20in%20calories,heart%20disease%20and%20certain%20cancers>

Cucumber

image: <https://unsplash.com/photos/UrLT3x0x9sA>

description: <https://www.healthline.com/nutrition/7-health-benefits-of-cucumber#TOC_TITLE_HDR_9>

Onion:

image: <https://unsplash.com/photos/0_fkPHulv-M>

description: <https://spiceworldinc.com/health/10-health-benefits-of-onions/>

Carrot

Image: <https://unsplash.com/@marcosramirez_x>

description: <https://www.medicalnewstoday.com/articles/270191#:~:text=Carrots%20are%20rich%20in%20vitamins,wound%20healing%20and%20digestive%20health>

Eggplant:

Image: <https://unsplash.com/photos/Ox_u9F-UqPI>

description: <https://www.healthline.com/nutrition/eggplant-benefits#TOC_TITLE_HDR_3>

Spinach

Image: <https://www.healthline.com/nutrition/eggplant-benefits#TOC_TITLE_HDR_3>

Description: <https://www.healthline.com/nutrition/foods/spinach#bottom-line>

Celery

Image: https://pixabay.com/photos/vegetable-material-green-celery-2085043/

Description: <https://www.bbcgoodfood.com/howto/guide/health-benefits-celery>

Colour Pepper

Image: <https://pixabay.com/photos/paprika-vegetables-colorful-food-320138/>

Description: <https://www.bbcgoodfood.com/howto/guide/top-5-health-benefits-of-peppers>

Mushroom

Image: <https://pixabay.com/photos/mushroom-food-white-background-2018/>

Description: <https://www.uclahealth.org/news/7-health-benefits-of-mushrooms>

**Fruit:**

Grape

Image: <https://unsplash.com/photos/qtwlKiu6VHg>

Description: <https://www.medicalnewstoday.com/articles/271156>

Orange

Image: <https://unsplash.com/photos/bogrLtEaJ2Q>

Description: <https://www.webmd.com/diet/health-benefits-oranges>

Lemon

Image: <https://unsplash.com/photos/enNffryKuQI>

Description: <https://www.healthline.com/nutrition/6-lemon-health-benefits>

Grapefruit

Image: <https://unsplash.com/photos/kxa2GSsEkqU>

Description: <https://www.healthline.com/nutrition/10-benefits-of-grapefruit>

Fig

Image: <https://unsplash.com/photos/HVmNcqo_P2A>

Description: <https://www.health.com/health-benefits-of-figs-7571179>

Apple

Image: <https://unsplash.com/photos/zLCR7RsxYGs>

Description: <https://www.healthline.com/nutrition/10-health-benefits-of-apples>

Pear

Image: <https://unsplash.com/photos/haSJEJYzl5A>

Description: <https://www.healthline.com/nutrition/benefits-of-pears>

pomegranate

Image: <https://unsplash.com/photos/qNlwGPxMd9Q>

Description: <https://www.healthline.com/nutrition/12-proven-benefits-of-pomegranate>

Strawberry

Image: <https://unsplash.com/photos/kH3Sr9K8EBA>

Description: <https://www.webmd.com/diet/health-benefits-strawberry>

**Fish:**

Mackerel

Image: <https://unsplash.com/photos/qrX5oGtX4io>

<https://www.seafoodia.com/produit/maquereau/?lang=zh-hant>

Description: <https://webmedy.com/blog/benefits-mackerel/>

Cod

Image: <https://pixabay.com/photos/cod-loin-fish-captain-cut-food-1813072/>

Description: <https://www.webmd.com/diet/health-benefits-cod>

Salmon

Image: <https://pixabay.com/photos/salmon-fish-seafood-silver-skin-3139390/>

Description: <https://www.healthline.com/nutrition/salmon-nutrition-and-health-benefits#2>

**Beans:**

Adzuki bean

Image: <https://pixabay.com/photos/bean-leguminous-plant-adzuki-5178460/>

Description: <https://www.healthline.com/nutrition/adzuki-beans>

Black bean:

Image: <https://pixabay.com/photos/black-beans-beans-dried-food-14522/>

Description: <https://www.healthline.com/nutrition/are-black-beans-healthy>

Mung bean:

Image:<https://pixabay.com/photos/kacang-hijau-kacang-ijo-7060677/>

Description: <https://www.healthline.com/nutrition/mung-beans>

**Poultry:**

Chicken

Image: <https://pixabay.com/photos/chicken-breast-food-ingredients-279847/>

Description: <https://www.webmd.com/diet/health-benefits-chicken>

Beef

Imgae: <https://unsplash.com/photos/QH8SHBARVVk>

Description: <https://www.healthline.com/nutrition/foods/beef#benefits>

Duck

Image: <https://www.publicfishery.com/products/smoked-duck-breast>

Description: <https://mapleleaffarms.com/our-company/blog/5-health-benefits-of-duck-meat>