

JANUARY

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4	5	6	7	8	9	10	
11	12	13	14	15	16	17	
18	19	20	21	22	23	24	
25	26	27	28	29	30	31	

Avocados are rich in healthy fats helping protect against heart diseases.

FEBRUARY

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Avocados help strengthen your eye health, reproductive system and immune system.



MARCH

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Avocados help normalize your weight and reduce cravings.

APRIL

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Avocados have been proven to help prevent certain cancers.



MAY

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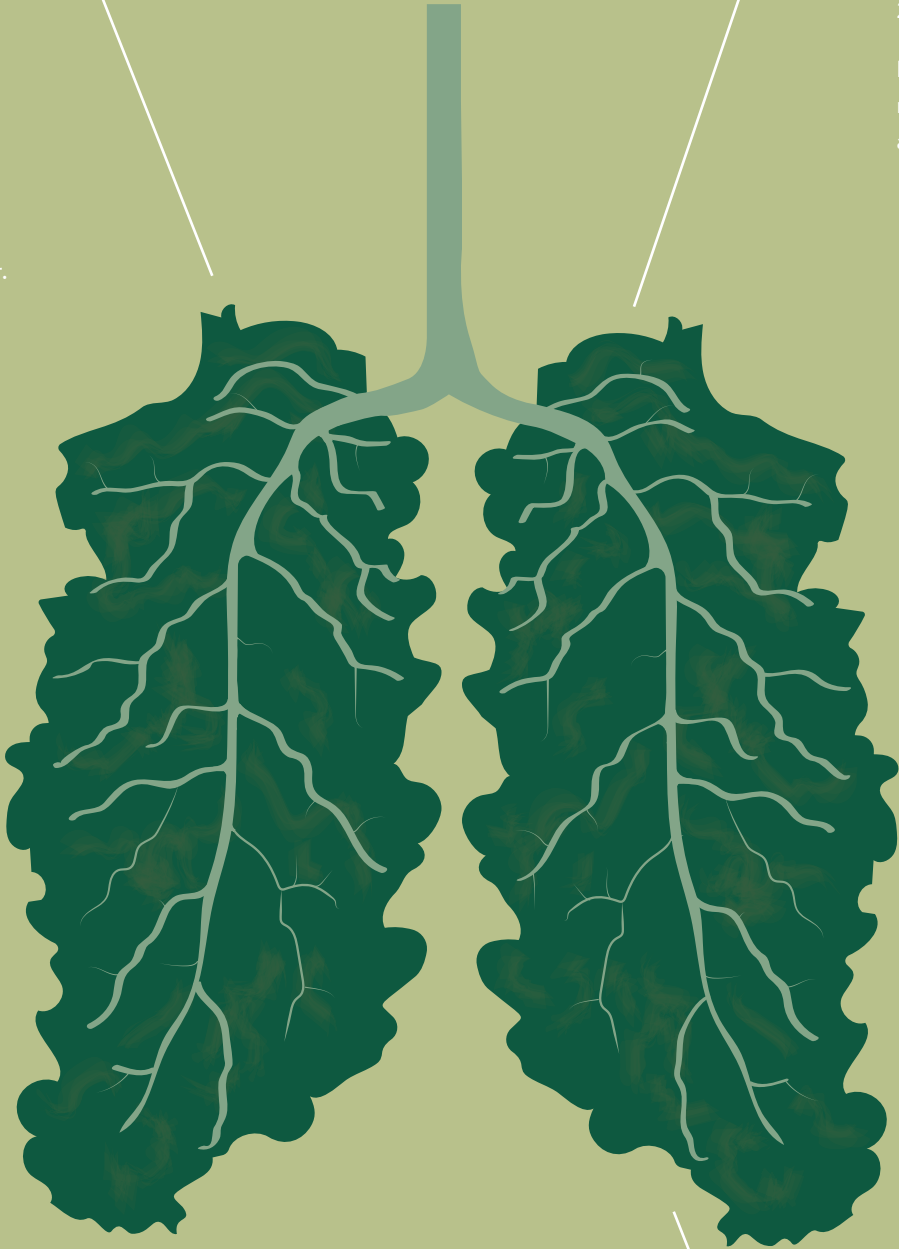
Kale helps rebuild collagen, promoting healthy skin and hair.



JUNE

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Kale helps promote a healthy respiratory system and fights against lung cancer.



JULY

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Kale is high in calcium, helping to prevent bone loss and aiding in joint flexibility.



AUGUST

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Kale blocks carcinogenic effects of other foods.

## SEPTEMBER

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13 14 15 16 17 18 19  
20 21 22 23 24 25 26  
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Walnuts help lower the risk of heart disease and heart attacks.

## OCTOBER

1 2 3  
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18 19 20 21 22 23 24  
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Walnuts help promote weight-loss and regulate blood sugar.



## NOVEMBER

1 2 3 4 5 6 7  
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15 16 17 18 19 20 21  
22 23 24 25 26 27 28  
29 30

Walnuts cleanse the body of dangerous free radicals which helps promote liver health.

## DECEMBER

1 2 3 4 5  
6 7 8 9 10 11 12  
13 14 15 16 17 18 19  
20 21 22 23 24 25 26  
27 28 29 30 31

Walnuts contain omega-3 fats helping support brain health.

