

## FRUIT SQUAD

	<b>Superpower</b>	<b>Special Skills</b>	<b>Nemesis</b>
<b>Apples</b>	Lower risk of heart disease!	Vitamin A, Vitamin C and Fiber	High in sugar
<b>Bananas</b>	Helps with tummy troubles!	Vitamin B, potassium & protein	Linked to migraines
<b>Blueberries</b>	Cholesterol smasher! Memory Booster!	Highest antioxidants of all fruits	White clothes and furniture
<b>Cantaloupe</b>	Hydration & Immune system booster!	Beta-carotene & high water content	Medium to high in sugar
<b>Peaches</b>	Skin smoother and sight booster!	Vitamin C & beta-carotene	Fruit Flies

## THE V TEAM

	<b>Superpower</b>	<b>Special Skills</b>	<b>Nemesis</b>
<b>Asparagus</b>	Blood pressure reducer!	Vitamin B, folate & vitamin K	Possible bloating
<b>Broccoli</b>	Hydration booster! Overall immune system helper!	Fiber, vitamin A, iron and protein	Possible bloating
<b>Carrots</b>	Super sight! Immune system booster!	Beta carotene, alpha carotene, vitamin A	Pollen-related allergies
<b>Peas</b>	Blood sugar control! Promotes tummy regularity!	Fiber, protein, vitamin A and vitamin K	White clothes and furniture
<b>Spinach</b>	Asthma prevention! Healthy skin & hair!	Iron, calcium, and magnesium	Add some vitamin C for help processing