

# Bitter Gourd

Bitter Gourd keeps blood sugar levels down and imp...

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# Cluster Bean

Cluster Bean lowers the glycemic index of a meal...

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# Burdock Root

Burdock root is used as medicinal herb that purifi...

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# Portobello Mushroom

Portobello mushroom can reduce risk of Alzheimer's...

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# Jicama

Jicama may boost immune system and promotes heart...

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## Green Chard

Green chard reduces the risk of Diabetes and prevents...

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## Dill

Dill is used as a medicinal herb and it prevents b...

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## Chayote

Chayote is used as a diuretic, an anti-inflammatory...

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## Brussel Sprouts

Brussel Sprout has anti-cancer properties and figh...

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# Broad Bean

Broad beans is rich in dietary fiber and protects...