

## **Especially Healthy Foods**

- 1. Carrots**
- 2. Apples**
- 3. Brewers Yeast**
- 4. Garlic**

## **Dangerous Foods**

- 1. Chocolate**
- 2. Raw Pork**
- 3. Onions (cooked and raw)**
- 4. Celery**
- 5. Avocados**