* **Walnut - Brian**
  + **Walnuts** have a striking resemblance to the human brain, and have been recognized as one of the ultimate brain foods. Walnuts are a good source of omega-3, and have more antioxidants, folic acid (vitamin B9), and vitamin E than **any other nut**. It is important to properly soak and rinse walnuts (as well as most other nuts) to remove phytates and activate enzymes for optimal nutrient absorption.
* **Carrot - Eye**
  + It is clear that a sliced **carrot** resembles an eye, it even has patterns of radiating lines that look just like the pupil and iris! **Beta-carotene** (what gives carrots their vibrant orange colour) helps to maintain healthy eyesight, protects against macular degeneration, and the development of cataracts.
* **Celery - Bone**
  + A stalk of **celery** resembles a bone, and they’re good for bones too. Celery contains silicon, which is part of what gives bones their strength. Here’s an astonishing fact: **bones are 23% sodium, and celery is also 23% sodium.**
* **Tomato - Heart**
  + Tomatoes resemble the heart more than any other fruit, and they are loaded with lycopene which has been referred to as heart and blood food. The consumption of lycopene [has been proven](http://www.ncbi.nlm.nih.gov/pubmed/21291369) to help reduce the risk of heart disease. Tomatoes are also a great source of Vitamin C which is crucial for heart health.
* **Mushroom - Ear**
  + A sliced **mushroom** has the shape and resemblance of a human ear, and mushrooms are good for ear health! They are a great source of vitamin D, which is essential for preventing hearing loss. So hear me out: eat your mushrooms.
* **Ginger - stomach**
  + **Ginger** looks like the stomach and aids in digestion! Ginger has been used for centuries as a natural remedy for stomach health. Gingerol, the ingredient that gives ginger it’s strong scent and taste, is listed in the USDA database of phytochemicals as having the ability to prevent nausea and vomiting.
* **Grape - Lungs**
  + **Grapes**, especially heirloom concord grapes, resemble the alveoli of the lungs. The alveoli of the lungs allow oxygen to pass from the lungs to the bloodstream. A diet high in fresh grapes has shown to reduce the risk of lung cancer! Grape seeds also contain a chemical called proanthocyanidin, which can reduce the severity of allergy-triggered asthma.
* **Oatmeal - Hair**
  + Oats are rich in iron, [fiber](http://www.eatthis.com/11-best-high-fiber-foods-weight-loss), zinc, omega-3 fatty acids and polyunsaturated fatty acids (PUFAs), which stimulate hair growth, making it thick and healthy.