



FRUIT

Fruits are good for you because:

Health benefits:

Help reduce heart disease, type 2 diabetes, and some types of cancer.
 Help your body feel full because they contain a lot of fiber and water.

Nutrients

Most vegetables are naturally low in fat and calories. None have cholesterol.

Helps you have good blood pressure

Potassium

Bananas, cantaloupe, honey dew, prunes, orange juice, dried peaches and apricots

Helps heal wounds and cuts
 Keeps gums and teeth healthy
 Helps the body absorb iron

Vitamin C

Strawberries, citrus fruits such as lemon, lime, oranges, grapefruit, watermelon, cantaloupe, peaches, apples, and grapes

Provide a feeling of fullness
 Helps food move through the intestines
 Helps reduce blood cholesterol levels
 Helps lower risk of heart disease

Dietary Fiber

Whole or cut up fresh fruits
 Juices do not contain any fiber except orange juice with pulp

Helps protect Vitamin A and Essential Fatty Acids

Vitamin E

Blackberry, banana, apple, kiwi

Helps the body form red blood cells

Folic Acid

Orange, strawberry, cantaloupe, blackberry, kiwi