

## FRUITS - BENEFITS

**KIWI:** Small but powerful. This is a good source of potassium, magnesium, vitamin E and fiber. Its vitamin C content is twice that of an orange.

**APPLE:** Although an apple has a low vitamin C content, it has antioxidants & flavonoids which enhance the activity of vitamin C thereby helping to lower the risks of colon cancer, heart attack and stroke.

**STRAWBERRY:** A protective fruit. Strawberries have a high antioxidant power and protect the body from free radicals which cause cancer and clog blood vessels.

**ORANGE :** Eating 2-4 oranges a day helps to keep colds away, lower cholesterol, prevent and dissolve kidney stones as well as reduces the risk of colon cancer.

**WATERMELON:** Composed of 92% water, it also contains a lot of glutathione, which helps boost our immune system. They are also an important source of lycopene, an oxidant which fights cancer. Other nutrients found in watermelon are vitamin C and potassium.

**GUAVA & PAPAYA:** Top prizes for vitamin C. These fruits have a very high vitamin C content. Guava is also rich in fiber, which helps to keep the intestines moving. Papaya is rich in carotene, which is good for your eyes.

**BANANA:** Bananas are rich in potassium and fiber. They can help to prevent asthma, cancer, high blood pressure, diabetes, cardiovascular disease, and digestive problems. People who use beta blockers should not eat them in excess.

**MELON:** Melons are rich in potassium which helps to regulate blood pressure and avoid hypertension. They have high doses of vitamin A and beta carotene, which helps sharpen your sight as well as reduce the risk of developing cataracts.

**LEMON:** Lemons contain a high amount of vitamin C, soluble fiber, and plant compounds that give them a number of health benefits. Lemons may aid weight loss and reduce your risk of heart disease, anemia, kidney stones, digestive issues, and cancer.

**ACEROLA:** Originating in the Antilles, Central, North and South America, acerola was introduced in Brazil by the Federal Rural University of Pernambuco in 1955. It is one of the richest fruits in vitamin C.

**FRUIT JUICE:** Eating fresh fruit is better than drinking fruit juice. If you drink fruit juice, drink it slowly, because you must let it mix with your saliva before swallowing it. You can go on a 3-day fruit diet to cleanse your body. Just eat fruits and drink fruit juice for 3 days.

**EATING FRUIT:** Fruit should be eaten with an empty stomach or before a meal, because it should pass through the intestine before it starts to rot. If it is allowed to rot in the stomach, it produces gas and loses its vitamins.