

Healthiest Fruit

1. **Apples** contain a large amount of minerals and vitamins that can strengthen the blood. A medium apple has about 80 calories. Eating an apple daily can lower cholesterol and reduce skin diseases. The more apples a person eats, the lower his or her risk of developing lung cancer.



2. **Apricot** is a wonderful diet food, providing a large amount of healthful nutrition to the body as well as keeping down caloric intake. Fresh apricots are an excellent source of Vitamins A, C, E, potassium, and iron. Destroys intestinal worms, help to remove gallstones, prevent cancer in organs lined by epithelial tissue and also the fiber in apricots helps to relieve constipation. 2-3 apricots will give you nearly 50% of your daily value of Vitamin A.



3. **Bananas** contains high dose of potassium (about 400 mg), essential ingredient to keep your heart & nervous system in good shape, lowers the risk of high blood pressure. It minimizes the loss of calcium from the body. Recommend for children recovering from gastrointestinal problems, particularly diarrhea. This is good sugar substitute and natural energy source. The fiber in bananas helps restore normal bowel action. A medium size banana has around 108 calories.



4. **Berries** are super high in powerful antioxidants, including vitamin C. Many studies show berries offer great protection against heart disease stroke, cancer and many other diseases.

- **Blueberries** are believed to lower cholesterol, prevent urinary tract infections, and improve memory, eyesight, balance and coordination, in addition to slowing signs of aging and reducing the risk of heart disease and diabetes. 1 cup of blueberries has 81 calories and 4 grams of fiber.

- **Blackberries** are believed to protect against heart disease, diabetes and memory loss, as well as help prevent several types of cancer, endotoxin shock and blood clotting .One cup of blackberries has 74 calories and a whopping 10 grams of fiber.

- **Raspberries** contain ellagitannins, a group of cancer-fighting compounds that are almost exclusive to this fruit. There are 60 calories in 1 cup of raspberries with 8 grams of fiber.

- **Strawberries** have anti-inflammatory properties and can protect your heart and fight cancer. 1 cup of sliced strawberries has 50 calories and 4 grams of fiber.

- **Gooseberries** include calcium, phosphorus and Vitamin B. It is helpful increasing production of red blood corpuscles in the body and strengthening teeth and nails.



5. **Cantaloupes** contains Vitamin C, potassium and carotenoid antioxidants. It helps to prevent cancer, cardiovascular disease, reduce inflammation, boost immunity and help protect your skin from sunburn. Half a melon has 97 calories and 2 grams of fiber.



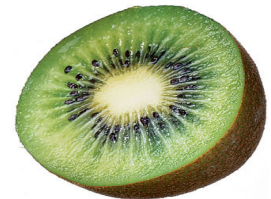
6. **Cherries** are very high in iron and disease-fighting flavonoids. They also have potassium, magnesium, C and E. Cherries reduce the risk of cancer by 50%, pain of arthritis, gout and headaches. One cup of cherries has 88 calories.



7. **Citrus Fruits** are best known for flavor, juiciness and high vitamin C content. But they're also a good source of folate, fiber and other antioxidants, vitamins and minerals. Citrus fruit has been shown to help reduce cholesterol, blood pressure and the risk of some types of cancer.



8. **Kiwifruit** an excellent source of magnesium, potassium and vitamins A and E. It is good for asthma, wheezing and coughing. Also improves diseases such as diabetes, by controlling sugar levels, and colon cancer. One medium kiwi has 47 calories and 3 grams of fiber.



9. **Papayas** contain vitamin A which accelerates the formation of new cells, it protects the external layers of the skin, vitamin C is an anti-oxidant, and builds capillary strength, improves skin smoothness, softness, and resiliency. One cup of cubed papaya has 55 calories.



10. **Red Grapes** contain iron, potassium, fiber and an abundance of powerful disease-fighting antioxidants. Although red wine gets most of the publicity, dark colored grapes are the original source of the flavonoids, anthocyanins and resveratrol, which have been shown to help prevent heart disease and cancer. 1 cup of red or purple grapes has 60 calories.

