

# Love Your Health with Fruit

## Strawberries (from WebMD)

The heart-shaped silhouette of the strawberry is the first clue that this fruit is good for you. These potent little packages protect your heart, increase HDL (good) cholesterol, lower your blood pressure, and guard against cancer.



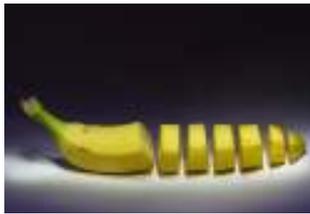
Packed with vitamins, fiber, and particularly high levels of antioxidants known as polyphenols, strawberries are a sodium-free, fat-free, cholesterol-free, low-calorie food. They are among the top 20 fruits in antioxidant capacity and are a good source of manganese and potassium. Just one serving -- about eight strawberries -- provides more vitamin C than an orange.

## Pineapple (from Medical News Today)

One cup of fresh pineapple chunks provides 131% of your vitamin C needs for the day, 2% of vitamin A needs, 2% of calcium and 2% of iron.

Pineapple is also a source of important vitamins and minerals such as thiamin, riboflavin, vitamin B-6, folate, pantothenic acid, magnesium, manganese and potassium and antioxidants and polyphenols, such as beta-carotene.

**Fresh pineapple is the only known source of an enzyme called bromelain, which has been used in studies to determine its effectiveness in alleviating joint pain, arthritis, reduce inflammation, inhibit tumor growth and shorten recovery time following plastic surgery.**



## Bananas (from WebMD)

Rich in vitamins B6, C, potassium and fiber.

The banana is celebrated for its bounty of potassium -- and with good reason. Potassium is critical for muscle contractions and bone health. It also helps blood pressure. Getting enough potassium may be as important as eating less sodium when it comes to lowering blood pressure.

## Apples (from Medical News Today)

- Vitamin C - a powerful natural antioxidant capable of blocking some of the damage caused by free radicals, as well as boosting the body's resistance against infectious agents, according to the University of Maryland Medical Center.
- B-complex vitamins (riboflavin, thiamin, and vitamin B-6) - these vitamins are key in maintaining red blood cells and the nervous system in good health.
- Dietary fiber - the British National Health Service says that a diet high in fiber can help prevent the development of certain diseases and may help prevent the amount of bad cholesterol in your blood from rising.
- Phytonutrients - apples are rich in polyphenolic compounds". These phytonutrients help protect the body from the detrimental effects of free radicals.
- Minerals such as calcium, potassium, and phosphorus.



## Cherries

Sweet cherries contain a small amount of quercetin, which is among the most potent in terms of antioxidant activity, and they contain fiber, vitamin C, carotenoids, and anthocyanins, each of which may help play a role in cancer prevention. Cherries can reduce inflammation and have been shown in studies to reduce the flare-ups of gout.



Cherries contain natural melatonin, which is a powerful antioxidant and free radical scavenger that helps "cool down" excess inflammation and associated oxidative stress. It also plays a vital role in sleep and bodily regeneration.