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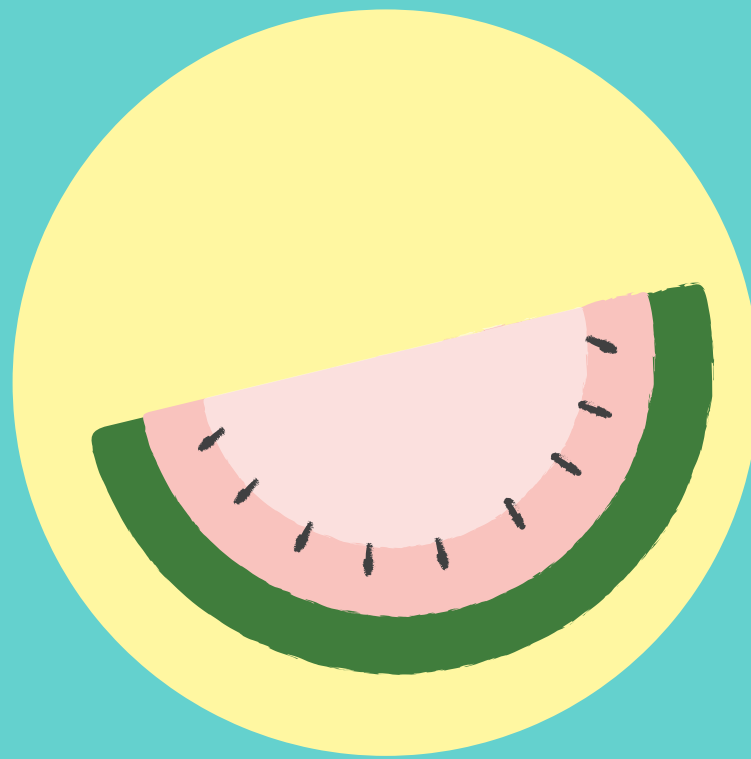
# THE BENEFITS OF FRUITS

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## FIBER

Like vegetables, fruits are high in fiber. This helps with healthy bowel function, can help prevent blood sugar spikes, and can help reduce cholesterol.



## DISEASE & CANCER PREVENTION

Along with vegetables, fruit may help decrease the risk for heart disease, obesity, type II diabetes, and some cancers.



## ANTIOXIDANTS

Fruits and vegetables are packed with antioxidants. Vitamin C, for example, helps with collagen synthesis, repair, wound healing, gum health, and iron absorption.



## FOLATE

Folate is one of many B vitamins. Folate helps red blood cell formation and helps prevent birth defects. Folate found in fruits and vegetables is more effectively absorbed by the body than folic acid. Pregnant women should consume plenty of folate/folic acid.



## LOW IN FAT, SODIUM & CALORIES

Most fruits are low in fat, sodium, and calories. However, healthy fats are in some fruits, such as avocados.



## POTASSIUM

Many fruits and vegetables contain potassium. Potassium is an electrolyte important for heart health, muscle contractions, and regulating fluid balance in the body.

Note: Whole fruits are generally better than fruit juice. Whole fruits provide beneficial fiber, do not cause blood sugar spikes as much as juice alone does, and the nutrients are better absorbed by the body