



HSE Bulletin # 197

FRUITS- HEALTHY DIET

Fruits are the perfect food as they have glucose from carbohydrates for energy, vitamins, minerals, fatty acids and amino acids for building protein. Fruits do not stay in stomach for digestion but simply run through it and go directly to the intestines where its nutrients are utilized by the body.

Health benefits of the some most Nutritious Fruits

Fruits are among the healthiest food a person can consume, offering numerous benefits (from antioxidants to vitamin C to potassium to fiber) in huge quantities that other foods do not come close to;



Apple

An apple has low vitamin C content it has antioxidants & flavonoids (also collectively known as Vitamin P and citrin) which enhances the activity of vitamin C thereby helping to lower the risks of colon cancer, heart attack & stroke.

Bananas

The banana offers two primary health benefits: fiber (2 grams per banana) and the all-important nutrient of potassium. It carries potassium which is helpful in the healthy, proper functioning of heart and muscles. The easiest way to get potassium is to work bananas into your diet.

Apricots

At a mere 51 calories per three servings, apricots offer a potent infusion of beta-carotene, which human body happily converts to much-needed Vitamin A. Adding just one or two apricots into daily diet will provide with over 35 percent of the recommended daily allowance (RDA) of Vitamin A. You can also count on apricots for 2 percent of your RDA of fiber.

Oranges

Oranges pack a dual punch of citrus and anti-oxidants that every healthy person needs for optimal functioning. With 70 milligrams of Vitamin C and 40 milligrams of folic acid, oranges are one of nature's best immune system enhancers, which is why so many doctors advise drinking orange juice when you're trying to beat a cold. The antioxidants come to the rescue of human body's beleaguered immune system, helping it to fight the illness.

Strawberry

Strawberries have the highest total antioxidant power among major fruits & protect the body from cancer-causing, blood vessel-clogging free radicals.

Guava

Top awards for vitamin C. Guava is the clear winner for its high vitamin C content. It is also rich in fiber, which helps prevent constipation.

“Stay Fresh and Healthy”

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