

Fruit	Some Benefits <sup>3</sup>
Apples 	highly beneficial for strong teeth and gums, good source for fiber, prevents diabetes especially in women and incidence of gall stones
Bananas 	lowers blood pressure, great for your heart, protects from diabetes, improves mood and helps in treating diarrhea
Grapes 	keep you well hydrated, flush toxins from the body, help in managing asthma, prevents heart diseases, reduce fatigue, aids digestion and is good for bone health
Oranges 	rich in antioxidants, purify blood, fight free radicals, build up the immunity of the body, reduces risk of developing cancer, boosts heart health and regulates healthy heart function
Pineapples 	strengthen immunity, slow down degenerative diseases particularly macular degeneration, ensure healthy gums, has anti-cancer properties, aids digestion, regulates blood pressure, keeps your body hydrated and is very effective against acne
Pears 	have anti-carcinogen agents, controls blood pressure, cleanses colon, lends instant energy, is anti-inflammatory, aids faster healing, prevents osteoporosis, controls blood sugar level and reduces bad cholesterol in the body
Plums 	restore lost electrolyte balance, relief from constipation, good for eye sight, have anti-cancer capabilities, lower cholesterol levels, lowers blood glucose levels and detoxifies the body.
Cherries 	helps in controlling diabetes, improves the quality of sleep, known to reduce and delay skin aging, reduce muscle pain, manages arthritis and prevents cancer
Grapefruits 	known for its antioxidant properties, keeps you well hydrated, gives radiant skin, reduces risk of stroke, controls high blood pressure, has cancer preventing characteristics and prevents asthma
Kiwis 	protects from free radical damage, is anti-cancer, alleviates symptoms of asthma, maintains cardiovascular health, slows down macular degeneration and controls diabetes
Lemons 	strengthens immunity, protects from common diseases like cold and flu, aids weight loss, regulates ideal blood pressure, improves digestion, alleviates fever, brightens skin tone, restores electrolyte balance
Peaches 	perfect snack for weight losing diet, reduces hair loss, acts as natural de-worming agent in the intestines, is a natural diuretic, control diabetes, inhibits tumor growth, strengthens kidney function and improves the quality of sleep
Watermelon 	excellent for your heart, improves bone health, shaves off the fats, boosts immunity function, expedites cell repair and soothes muscles. <u>Watermelon is among the best dietary sources of lycopene (an antioxidant)</u>
Cantaloupe 	protects lungs health, maintains cardiovascular system, treats insomnia, nurtures pregnancies, rejuvenates skin, keeps the body hydrated and prevents hair loss
Blueberries 	excellent anti-oxidant, anti-inflammatory agent, rejuvenates your skin, prevents cancer, delays and protects from age related degenerative conditions and keeps your bladder in a healthy shape.
Strawberries 	boosts memory, help in digestion, lower the risk of cardiovascular diseases, reduce inflammation, good for your eyes and promote strong immune function

## Whole Man Ministries Church, April 2017 Health Ministry

### Why is it important to eat fruit? <sup>1</sup>

Fruits provide nutrients vital for health and maintenance of your body. Most fruits are naturally low in fat, sodium, and calories. None have cholesterol. They have many essential nutrients that are underconsumed, including potassium, dietary fiber, vitamin C, and folate (folic acid).

- **Diets rich in potassium** may help to maintain healthy blood pressure.
- **Dietary fiber from fruits**, as part of an overall healthy diet, helps reduce blood cholesterol levels and may lower risk of heart disease. Fiber is important for proper bowel function. Fiber-containing foods such as fruits help provide a feeling of fullness with fewer calories. Whole or cut-up fruits are sources of dietary fiber; fruit juices contain little or no fiber.
- **Vitamin C is important** for growth and repair of all body tissues, helps heal cuts and wounds, and keeps teeth and gums healthy.
- **Folate (folic acid)** helps the body form red blood cells. Women of childbearing age who may become pregnant should consume adequate folate from foods, and in addition 400 mcg of synthetic folic acid from fortified foods or supplements. This reduces the risk of neural tube defects, spina bifida, and anencephaly during fetal development.

### Terms to know:

#### **Antioxidants**

“Antioxidants are compounds found in food that stop or delay damage to the cells,” They help ward off cell damage by “cleaning up” or removing waste products in our cells, called free radicals, before they can do harm.<sup>2</sup>

#### **Free radicals**

General term used for compounds that are highly reactive, which means that that can attach and bind to and ultimately damage normal cells in the body. Free radicals are most often connected in cell damage that leads to cancer development.<sup>2</sup>

#### **Immunity**

being able to resist a disease or medical condition

#### **Anti-carcinogen**

A carcinogen is a substance that can cause cells to become cancerous; so an anticarcinogen inhibits or prevents the activity of a carcinogen.

#### **Anti-inflammatory**

preventing or reducing inflammation

#### **Degenerative**

causing the body or part of the body to become weaker or less able to function as time passes

<sup>1</sup><https://www.choosemyplate.gov/fruits-nutrients-health>

<sup>2</sup><http://www.self.com/story/what-antioxidants-are-and-actually-do>

<sup>3</sup><http://wiki-fitness.com/healthiest-fruits-health-benefits-nutrition-facts/>