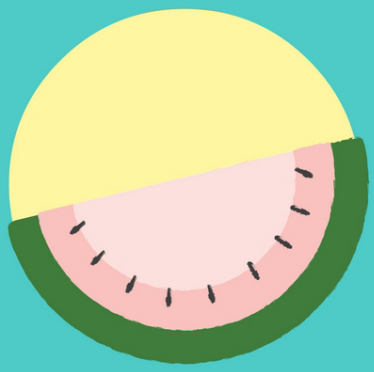
THE BENEFITS OF FRUIT

Most fruits are naturally low in fat, sodium, and calories. Fruits are full of many nutrients that most people do not get enough of in their diets, like potassium, fiber, vitamin C, and folate. A healthy diet rich in fruit can help prevent heart disease and some types of cancer.

PINEAPPLE

Has over 100% of the Daily Value of vitamin C, which helps the body grow and heal cuts and wounds.



WATERMELON

Made up of 92% water, a tasty way to stay hydrated. A good source of vitamins C, B6 and thiamin, all important for metabolism and energy.

ORANGE

Known for vitamin C, but also a good source of fiber, which lowers blood cholesterol.

LEMON

A big squeeze can add flavor and vitamins to your water without all the sugar and calories of other drinks.

APPLE

A good source of fiber, and not just in the skin! Apple skin and flesh contains fiber that can help lower blood cholesterol and support a healthy gut.

KIWI

High in vitamin K, which is important for blood clotting and building strong bones.

LIVE WELL ALABAMA

#EatBetter

Facts from www.choosemyplate.gov