

20 HEALTHY FRUITS

APPLES:	Helpful for heart and lungs
AVOCADOS:	Monounsaturated fats for heart health
GRAPES:	Protects hearts, improve circulation, lower cholesterol
FIGS:	Rich in fiber and high in iron.
APRICOTS:	Low glycemic index
MANDOS:	Rich in vitamins C and E
PEARS:	Antibacterial, high in fiber
PAPAYAS:	High in carotenes, healthy for lungs and eyes
ORANGES:	Vitamin C that boosts immune systems
PINEAPPLES:	Eases the pain of arthritis helpful in strokes
LEMONS:	Rich in vitamin C, help protect from breast cancer
GRAPEFRUITS:	Rich in vitamin C and boosts immune system
CHERRIES:	Best source of antioxidants
STRAWBERRIES:	Rich in vitamin C and boosts immune system
RASBERRIES:	Packed with vitamin C, fiber, and antioxidants
BLUEBERRIES:	Richest of all fruits in antioxidant compounds
CRANBERRIES:	Health benefits to boost the work of the kidneys
PLUMS:	Antioxidants to protect the brain and heart
MELONS:	Rich in vitamin C and a good source of potassium
BLACKBERRIES:	Rich in antioxidants to protect from cardiovascular diseases