

Even More Reasons to Eat Fruit!



**Apricots help
your body fight
infection**



**Blackberries help
your body's production
of red and white
blood cells**



**Cantaloupe helps
protect against
strokes**



**Figs help control
your heart rate**



**Grapefruits help
heal wounds**



**Guavas prevent
skin damage**



**Lemons aid in
digestion**



**Pears can help
treat arthritis**



**Raspberries help
your body with
your metabolism**