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