More Reasons to Eat Fruit!

- Cherries help calm your nervous system
- Grapes relax your blood vessels
- Peaches are rich in potassium, fluoride, and iron
- Apples help your body develop resistance against infections
- Watermelon helps control your heart rate
- Oranges help maintain great skin and vision
- Strawberries can potentially fight against cancer and aging
- Bananas are great for athletes because they give you energy
- Pinapples help fight arthritis
- Blueberries protect your heart
- Kiwis increases bone mass
- Mangos protect against several kinds of cancer

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