

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