SUPER FRUITS FOR HEALTHY BODY

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Which fruit is nutritious for you? Which is more nutritious? or even the most?

Ranking fruits as to which is more nutritious from one to another is quite impossible to do. All fruits are good.

But over so many choices out there, from fiber-rich apples to antioxidant-packed blueberries and everything in between, which fruits is packed the most of what your body needed for overall health?

To help you on choosing what fruit to pick, here are ten of the fruits that standout most among others.

1. Pineapple. It is rich in vitamin C and manganese. It has a characteristic that can fight inflammation and reduce the risk of cancer as well.

2. Avocado. It is rich in healthy fats and potassium. Both contained unsaturated fats and potassium are very good for the heart health.

3. Blueberries. They are rich in important nutrients. Blueberries also contain high antioxidant and immune-enhancing properties as well, which prevent the body from illness.

4. Apples. Its nutrients, antioxidants and fiber may reduce the risk of disease and improve digestion.
5. Pomegranate. This fruit has a wide-range of health benefits. It has incredibly high in antioxidants and other plan compounds that can help to reduce inflammation and prevent disease.

6. Mango. It contain vitamin C and soluble fiber. Also, contains plant compounds with antioxidant and anti-inflammatory effects.

7. Strawberries. These are rich in several nutrients and antioxidants. Also, help to control the blood sugar and reduce risk of some diseases.

8. Lemon. It is rich in vitamin C and other plant compounds that promotes heart health, weight loss and prevent kidney stones.

9. Watermelon. High in water content, nutrients and antioxidants. It also carries powerful antioxidant called lycopene.

10. Bananas. It provide several nutrients and plant compounds, including resistant starch and pectin. It can give extra benefits fro exercise, blood sugar control and digestive health.

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