

# FRUITS

## NATURE'S MEDICINE CABINET



We've all heard the adage,  
*"An apple a day keeps the doctor away."*  
The reality is all fruits – not just apples –  
possess health benefits that can reduce  
your risk for a variety of chronic diseases  
and keep your body in good  
working condition.

In addition to their health advantages,  
most fruits are naturally low in fat,  
sodium and calories. And all of them  
are cholesterol-free.



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See the other side to discover the  
health perks of your favorite fruits! ▶

## Your Guide to Healthy Fruit Choices

Here's a sampling of readily accessible fruits that pack great health benefits.

**Blueberries** – these deep blue gems have some of the most antioxidants of any fruit and deliver a healthy dose of fiber too.



**Bananas** – full of vitamins and other nutrients, bananas are most known for their rich source of potassium, with over 400mg in a single medium-sized one. Potassium promotes good nerve and muscle function and helps prevent muscle cramps after exercise.

**Cherries** – possibly reducing the risk of diabetes and high blood pressure due to its antioxidant properties, the mighty cherry is a nutritional powerhouse full of fiber, vitamin C and potassium.



**Cantaloupe** – a good source of folate, this juicy treat helps cells grow and stay healthy, and due to its vitamin C content, may aid in preventing anemia by helping the body absorb more iron.

**Strawberries** – packed with antioxidants, this red berry also is full of vitamin C – just eight large strawberries provide more of it than an orange.



Sources: American Institute for Cancer Research, Food and Nutrition Research Institute, National Institutes of Health, U.S. Department of Agriculture

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