



Sweet variety

Add some new flavors — and a range of healthy benefits — to your diet with these fruits

Kiwifruit

- o Fiber
- o Folic acid
- o Phytonutrients
- o Vitamin C

Blueberries

- o Folate
- o Niacin
- o Phytonutrients
- o Riboflavin
- o Vitamin C
- o Vitamin E

Cherries

- o Flavonoids
- o Melatonin
- o Potassium
- o Antioxidants
- o Phytonutrients

Pomegranates

- o Antioxidants
- o Vitamin B5
- o Vitamin C
- o Vitamin K

Blackberries

- o Anthocyanins
- o Fiber
- o Antioxidants
- o Vitamin C

Papaya

- o Fiber
- o Folate
- o Potassium
- o Vitamin A
- o Vitamin C

How nutrients help your body

- o **Anthocyanins** - protect the brain
- o **Antioxidants** - disease prevention
- o **Fiber** - lowers cholesterol
- o **Flavonoids** - fights inflammation
- o **Folate** - healthy skin
- o **Folic acid** - prevents disease
- o **Melatonin** - helps you sleep
- o **Niacin** - relieves pain and stiffness
- o **Phytonutrients** - reduces inflammation
- o **Potassium** - healthy heart
- o **Riboflavin** - increases energy
- o **Vitamin A** - immune system boost
- o **Vitamin B5** - helps metabolize protein, carbohydrates and fats
- o **Vitamin C** - immune system boost
- o **Vitamin K** - healthy bones