

Fruits and vegetables



**ASSIGN
BUSTER**

1. Fruits, eaten raw or consumed as fresh juice, are excellent ways to retain and balance the moisture level in the body. The low level of sodium in fruits plays an important role for people who would like to avail of a salt-free diet. So pregnant ladies eat 2-3 helpings of fresh fruits in a day.
2. Guavas, custard apples, lemons and oranges are effective sources of vitamin C. When eaten fresh and raw, they provide all the vitamins. Papaya is an excellent source of Vitamin C and carotene, which is converted to Vitamin A in the body.
3. Fruits like apple, lemon, orange and pomegranate aid in the proper functioning of the heart. Nutrients in apples, dates and mangoes sharpen memory, prevent exhaustion, hysteria, insomnia and mental tension.
4. All forms of berries are rich in iron, phosphorus and sodium that are beneficial for blood building and nerve strengthening. Lemons are good for liver ailments, indigestion and rheumatism. Watermelons are good kidney cleansers. Pineapple and pomegranates help in soothing inflammation of nose, throat, hay fever and other chronic or bronchial ailments. Grapefruit juice is an effective aid for common cold. Fresh and ripe fruits like grapes, apples, bananas and figs are good for all brain deficiencies. Even the kernel of walnut is a helpful remedy for weakness of the brain.
5. Dry fruits like apricots, raisins and dates are storehouses of calcium and iron, essential for the strengthening of bones and maintaining good blood, respectively. Custard apple too is an excellent calcium source. If you are unwell, consume fruits in the form of fresh juice only. One or two fruits a day cleans the digestive tract and aids easy bowel action. Fruits are not only good sources of food, they also serve as medicines and can treat ailments.

Vegetable is a plant part grown for use as human food and usually eaten with the main part for a meal e. g. carrots, corn

1. As in fruits, vegetables too are home for many antioxidants that; firstly, help protect the human body from oxidant stress, diseases and cancers, and secondly; help the body develop the capacity to fight against these by boosting immunity.
2. Eating a diet rich in some vegetables and fruits as part of an overall healthy diet may protect against certain types of cancers. Vitamin A keeps eyes and skin healthy and helps to protect against infections.
3. Vitamin C helps heal cuts and wounds and keeps teeth and gums healthy. Vitamin C aids in iron absorption. Diets rich in foods containing fiber, such as some vegetables and fruits, may reduce the risk of heart disease, obesity, and type 2 diabetes.
4. Eating vegetables and fruits rich in potassium as part of an overall healthy diet may lower blood pressure, and may also reduce the risk of developing kidney stones and help to decrease bone loss. Diets rich in potassium may help to maintain healthy blood pressure. Vegetable sources of potassium include sweet potatoes, white potatoes, white beans, tomato products (paste,
5. Eating foods such as vegetables that are lower in calories per cup instead of some other higher-calorie food may be useful in helping to lower calorie intake.