

Nutritional Value of These 7 Key Fruits

Fruit is a great way to start eating more nutrition and eating at least five to nine servings can make a big difference in the way you feel. Some fruits are more nutritionally valuable than others. We will discuss some of the most nutritious fruits and why they are so good for you.

A is for Apple

We have all heard the expression, "an apple a day keeps the doctor away". This might not be entirely true, but eating apples is a great way for you to get the fiber you need in your diet. They are delicious and readily available all year around. Apples also contain pectin and that aids in lowering the bad cholesterol. They are also known to contain flavonoids that are beneficial to fighting cancer. It is better to eat a fresh apple rather than drink apple juice. The reason behind this is that some of the nutrients and important minerals may be lost during the processing.

A is also for Apricots

Apricots are chock full of zinc, folic acid, vitamins A and K, calcium and protein. They are also very high in beta carotene, fiber and potassium. Apricots are often found on the top ten lists for fruits and you can purchase them fresh, canned or dried. Eating dried apricots will give you an excellent source of essential nutrients. If you are going to purchase dried apricots, it is good to read the label. You will want to avoid those dried apricots that are laden with chemicals and preservatives. The best place to purchase dried apricots or any other dried fruit is from a health food store or a natural market. You will find a large selection of tasty treats that contain no additives; just the valuable nutrients you need in order for your body to perform in peak condition.

An Avocado is a Fruit Too

Many people mistakenly think of avocados as a vegetable when in reality they are a fruit. An avocado is considered a "super fruit" and is loaded with zinc, riboflavin, thiamin and niacin to name just a few of the important nutrients that an avocado has. Avocados are great for growing kids. Those who are conscious of their weight may want to forgo avocados because of their high calorie content. They also have a high fat count, but it is the heart healthy monounsaturated fats such as the Omega 3 fatty acid, an important brain food. Avocados can be eaten fresh after they have been peeled, or can be made into guacamole by adding garlic, onions and tomatoes.

Start Monkeying Around

Bananas are high in potassium and can aid in those people who take such medications as diuretics which are known to deplete the potassium from your body. They are easily mashed for easy consumption for babies and toddlers and because you have to peel one

before you eat it, they will not contain pesticides that many other fruits are vulnerable to. A banana is a handy snack for eating on the go and keeping a supply of them in your home will make snack time a snap.

Blueberries

For many years, blueberries have been thought of as a tasty summertime treat. We now know that blueberries can pack a lot of punch because of the anthocyanin, a cancer fighting antioxidant that can be found in the skin. They are a tasty addition to any health conscious person's diet and can make many other foods even tastier with their addition. You can add blueberries to a salad, cereal or ice cream or use them to make your fruit smoothie even more delicious. Adding blueberries to your diet whether fresh or frozen is a great nutritional step for you to take.

Cantaloupe Tonight, My Father is Using the Ladder

Cantaloupes are not only juicy and delicious; they are high in potassium, vitamin C and beta carotene. Melon that is fresh can be enjoyed in a variety of ways and is nutrition that is tasty as well as good for you. There are other varieties of melon, but cantaloupe is a melon that you can trust to give you the healthy nutrients you need.

Grapefruit

Eating grapefruit has long been a staple of dieters. It is a fruit that is high in fiber yet low in calories. The best grapefruit for you are the red or pink type. So if you have a choice, opt for these instead of the white variety. There is a lot of fiber packed into the strings that attach the grapefruit segments, so do yourself a favor and don't use a spoon to scoop out the tasty flesh.

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