



“FRESH AND FLAVORFUL FRUITS”



THE MAJOR NUTRIENTS IN FRUITS:

Fruits are rich sources of carbohydrates, fiber, potassium, many vitamins (especially the vital antioxidant Vitamin C), and health-protective phytochemicals. All of these nutrients are important for healing and immunity, fruit is protective and important for risk of cancer, high blood pressure, heart disease, and for recovery after exercise.

HOW MUCH FRUIT SHOULD WE CONSUME:

It is recommended that we eat 2 - 4 fruit servings per day. See the list below and make the best choice for your needs. If you plan 1 or 2 larger servings into your breakfast routine, that may help you to get the recommended nutritious servings. Choosing fresh fruit over juices is better for their nutritious value and for a lower-calorie choice. This is also important for people with diabetes, for whom juices may contain too much sugar to keep blood sugars under good control.

One serving equals: 1 medium apple, 1 small banana, ½ cup of canned fruit (fruit in its natural juice, not in syrup is preferred), 1 cup strawberries, 1/3 cup raisins, 1 cup cubed melon, 10 cherries

FRUITS AND HEALING:

FRUIT	HEALTHY NUTRIENTS	HEALING EFFECTS
Apple	Water, carbohydrates, fiber, protein, minerals, Vits. A, B, & C, iron, and potassium	Bladder cleansing, may lower blood cholesterol and blood pressure, and help stabilize blood sugar
Apricots	Laetrile - in the seeds (potential cancer fighter), carotene, potassium, & iron	Help with constipation, may fight cancer, good for skin, for muscle, and nerve tissue health
Avocado	Good (monounsaturated) fats, folic acid, fiber	
Bananas	Potassium and Vit. C	Good for your nerves & muscle system, may help with: hypertension, heart disorders, high blood pressure, & intestinal disturbances
Blueberries	Manganese, Vit. A, potassium, iron, and fiber	Manganese may help with many disorders, may help with hypoglycemia and ringing in the ears
Cranberries	High in Vit. C	Good for kidneys, bladder, and skin

FRUIT	HEALTHY NUTRIENTS	HEALING EFFECTS
Grapefruit (the whole fruit, pectin, pulp, & fibrous content are important!)	Potassium, Vit. C	Heart & artery protective, grapefruit should not be combined with certain medications. Check with your doctor or dietitian.
Melons	Cantaloupe - Vit. A & C and potassium	Anti-oxidant effects
Oranges	Vit. C & A and the oil in the peel contain: terpenes and d-limonene	Anti-oxidant effects and the oil may help to reduce cancer risk
Peaches	Vit. A, potassium, fiber	May be good for any type of illness
Pears	High insoluble fiber	May help to keep blood sugars more stable and an excellent source of fiber
Prunes (dried plums)	Benzoic acid in plums >> Also fiber (in prune, but not the juice)	May help with liver disease, blood poisoning, & kidney disorders. Good for constipation that is related to peristalsis.
Strawberries	High in Vit. C, also contains: fiber, potassium, & polyphenols (antioxidants) and Ellagic acid (may be cancer protective)	May protect against: retro viruses, cancer, DNA damage, & herpes simplex virus, skin disorders, and acne
Watermelon		Natural diuretic, good for canker sores in mouth

Excerpted from: "Prescription for Dietary Wellness Using Foods to Heal", Phyllis A. Balch, C.N.C. & James F. Balch, M.D.

SOME OTHER INTERESTING FRUIT TIDBITS:

- ◇ Apples are 84% pure water
- ◇ Bananas are low in fat and good for convalescents because they're soft and very nutritious
- ◇ The blue pigment in blueberries may be protective for the liver
- ◇ All berries are high in fiber, potassium, and Vitamin C - different varieties include: black, blue, boysen, dew, elder, goose, huckle, logan, raspberries, & strawberries, as well as currants
- ◇ Cherries (especially black cherries) may be good for gout, arthritis, the glandular system, and maybe even removing toxins from tissues and preventing dental plaque formation and tooth decay - cherries also contain ellagic acid which may help to counteract natural-occurring cancer-causing agents (reported in: Natural Health - March/April 1992 - American Health Foundation research)
- ◇ One glass of quality cranberry juice, twice daily may help to control many female bladder infections
- ◇ Figs are high in fiber and may help to destroy some intestinal parasites/bacteria

- ◇ Grapefruit seeds are available in pill form and may help to heal candida and other infections - they act as natural antibiotics - grapefruit seed extract is also available in liquid form - also acts as a natural antibiotic, works fast and safe, but should NEVER be taken straight without being mixed with some other liquid/juice because it can burn the mouth, throat, & stomach
- ◇ Lemons are excellent for colds, influenza, and sore throat - they may help to stimulate liver and help to get rid of uric acid and other toxins in the body
- ◇ If you suffer from joint pains or bladder trouble, you may want to eliminate oranges from the diet, especially ones that have been picked too early (green ones), they contain citric acid which may worsen joint pain
- ◇ Papaya may also help to get rid of toxins in the body and may be beneficial to the digestive system - some added to infant formula may help their digestion
- ◇ Peaches are excellent for the elderly - they are soft and easy to digest
- ◇ Pomegranates may help diarrhea, excessive perspiration, sore throats, & fevers - the juice is used to make refreshing drinks in the Middle East - the peel contains 30% tannin, an active astringent substance
- ◇ Remember prunes are dried plums
- ◇ Raspberries may be good for the liver, diarrhea, frequent urination, and impotence - their dried leaves may be used as an herb and a tea for female disorders
- ◇ Strawberries may be able to help block the formation of nitrosamine, a powerful cancer-causing substance
- ◇ By not removing the strawberry caps until they're ready to be eaten, the Vitamin C remains in tact.
- ◇ Bananas are one of the most convenient fruits - they are naturally "prewrapped" - 1 banana contains 450 mg of Potassium (we need about 3,500 mg per day)
- ◇ Kiwi Fruit is also an excellent source of Vitamin C and Potassium

The above information was taken from "Prescription for Dietary Wellness Using Foods to Heal"

RAW FRUIT NUTRITION INFORMATION CHART

	Total Calories kcal	Protei n g	Carbo- hydrate g	Fat g	Dietary Fiber g	Sodium mg	Vit A	Vit C % U.S. RDA	Cal- cium	Iron
Apple, 1 med.	80	0	18	1	5	0	-	6	-	-
Avocado, 1/3 med.	120	1	3*	12	2	5	-	5	-	-
Banana, 1 med.	120	1	28	1	3	0	-	15	-	2
Cantaloupe, ¼ med.	50	1	11*	0	0	35^	80	90	2	2
Cherry, Sweet, 21 or 1 c.	90	1	19	1	3	0	-	10	2	-
Grapes, 1-1/2 c.	85	1	24	0	2	3	3	9	2	2
Grapefruit, ½ med.	50	1	14	0	6	0	6	90	4	-
Honeydew, 1/10 med.	50	1	12*	0	1	50^	-	40	-	2
Kiwifruit, 2 med.	90	1	18	1	4	0	2	230	4	4
Lemon, 1 med.	18	0	4*	0	0	10	-	35	2	-
Lime, 1 med.	20	0	7*	0	3	1	-	35	2	2
Nectarine, 1 med.	70	1	16	1	3	0	20	10	-	-
Orange, 1 med.	50	1	13	0	6	0	-	120	4	-
Peach, 2 med.	70	1	19	0	1	0	20	20	-	-
Pear, 1 med.	100	1	25	1	4	1	-	10	2	2

	Total Calories kcal	Protein g	Carbo- hydrate g	Fat g	Dietary Fiber g	Sodium mg	Vit A	Vit C % U.S. RDA	Cal- cium RDA	Iron
Pineapple, 2slices (3" diam., 3/4" thick)	90	1	21	1	2	10	-	35	-	-
Plum, 2 med.	70	1	17	1	1	0	9	20	-	-
Strawberry, 8 med.	50	1	13	0	3	0	-	140	2	2
Tangerine, 2 med. ~3" diam.	70	1	19	0	2	2	30	85	2	-
Watermelon, 1/18 med. or 2 c.	80	1	19	0	1	10	8	25	-	2

-contains less than 2% of the U.S. RDA, *good choices for Diabetics (low carbohydrate content), ^may want to limit if salt sensitive or have high blood pressure, (Data source: FDA)

WHEN BUYING FRUIT...

	BEST TO BUY	BEST TO AVOID
Apples	Firm, well-colored - Tip: immature apples lack color & shrivel after storage	Soft, mealy flesh and fruit with bruised spots
Apricots	Plump, uniform golden-orange color - Tip: ripeness will show gentle pressure on the skin	Dull, soft, mushy fruit or very firm, pale/greenish yellow fruit
Bananas	No bruised or injured fruit - Tip: best eating quality - skin is solid yellow and newly speckled with brown spots	Bruised, dull, or grayish discolored skins Tip: the skin may appear totally brown yet the flesh is in prime condition
Blueberries	Dark blue with silvery bloom, plump, firm, uniform, dry & stem free	Moldy, bruised, or green
Cantaloupes (Muskmelons)	Thick, coarse, corky & standing out veins on surface - no stem Tip: will yield slightly to thumb pressure on non-stem end and they ripen at room temperature	Very yellow rind color, softness over entire rind, mold growth (especially in stem scar)
Cherries	Very deep maroon or mahogany red to black, bright, glossy, plump surfaces	Shriveled, dried stems, soft or leaking flesh, brown or dull spots, mold growth
Grapefruits	Smooth, firm, well-shaped, & heavy for size Tip: skin defects/scars don't affect quality	Rough, ridged, wrinkled skin, soft/discolored areas, soft peel breaks with pressure
Grapes	Plump, good color, firmly attached to stems	Soft, wrinkled, with lighter areas around stem end
Honeydew Melons	Soft, velvety feel, slight soft feel at blossom end, yellow - white/creamy rind	Flat white/greenish - white color, hard-smooth feel, large bruises/surface cuts tip: small sunken spots are ok if used quickly

	BEST TO BUY	BEST TO AVOID
Lemons	Firm, heavy, rich yellow color - smooth, slight gloss Tip: pale or greenish color means more acidity	Darker yellow/dull color, hard/shriveled skin, soft or moldy spots
Limes	Heavy, glossy skin, dark green - no yellowing	Dull, dry skin, soft or moldy spots tip: purple or brownish mottling doesn't mean damage in early stages
Nectarines	Rich orange-yellow color, plump, soft along seam	Hard, dull, shriveled, soft, or crackling skin
Oranges	Firm, heavy, fresh-bright & reasonably smooth skin	Lightweight - rough, dull, or dry skin, spongy texture, spots /discolorations tip: avoid dyed or perfect appearing oranges - they may be sprayed and their flesh is still green, which is high in citric acid and bad for joint pain
Peaches	Firm-slightly soft, color Tip: between red areas should be yellow/creamy	Hard, very firm, green color, or very soft, bruised, or any sign of decay
Pears	Firm, Bartlett-pale to rich color, Anjou/Comice-light green to yellow-green	Wilted, shriveled, dull skin- weak flesh near stem, spots
Pineapple	Bright color, fragrant, dark green, firm, plump, heavy	Sunken, slightly pointed, dark, or watery eyes - dull yellow color, dried appearance or soft spots
Plums	Fairly firm to slightly soft	Too hard/too soft, skin breaks, brown spots
Raspberries & Boysen-Berries	Uniform color, plump, tender, not mushy-no stems	Leaky, moldy, wet or stains on container
Strawberries	Clean, dry berries with full red color, bright luster, firm flesh, cap stem attached	Large, colorless or seedy areas, dull, shrunken appearance, softness or mold
Tangerines	Deep yellow/orange color, bright luster	Pale yellow/green color, cuts or punctures tip: sm. Green areas on deep colored fruit is ok
Watermelons	Firm, juicy flesh, red color - not white streaks, dark brown/black seeds, cream-colored belly smooth, dull surface, Tip: fruit should be hollow when thumped	Pale red color, dry, mealy, watery, or stringy flesh with white streaks or whitish seeds

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