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Importance of eating fruits

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IT'S important to eat a lot of fruits.



Fruits come in all shapes and sizes, and different fruits have different health benefits. For the best results, add a variety of fruits to your daily diet.

Spending $10 to $20 on fruits weekly can keep your family healthy and energetic.

By eating fruit, a person is providing their body with key vitamins, antioxidants, and dietary fibre. This can have significant benefits for heart health, digestion, weight management, and skin health according to medical news today.

People can enjoy a wide variety of fruits to improve their health and lower the risk of inflammation, heart disease, cancer, obesity, and diabetes.

Lemons are a citrus fruit that people often use in traditional remedies because of their health benefits. Like other citrus fruits, they contain vitamin C and other antioxidants.

Antioxidants are essential for human health. These compounds mop up free radicals in the body that can damage the body's cells and lead to diseases, such as cancers.

Researchers believe that the flavonoids in lemon and other citrus fruits have antibacterial, anticancer, and antidiabetic properties.

Citrus fruits, including lemons, contain active components called phytochemicals that benefit health.

How to eat lemons

Use the juice of a lemon to flavour drinking water or squeeze over a salad or fish. Try adding lemon juice to boiling water with a teaspoon of honey to help soothe a sore throat.

It is also possible to eat the rind of organic lemons.
Some people use the rind in recipes.
Oranges
Oranges are a sweet, round citrus fruit packed with vitamins and minerals.
Oranges are among the richest sources of vitamin C. Vitamin C acts as a powerful antioxidant in the body. This vitamin is also essential for immune system function. It boosts immune function by helping the body to absorb iron from plant-based foods.
The human body cannot make vitamin C itself, so people need to get this vitamin from their diet.
Oranges also contain high levels of pectin, which is a fibre that can keep the colon healthy by binding to chemicals that can cause cancer and removing them from the colon. Oranges also provide the following healthful vitamins: Vitamin A, a compound that is important for healthy skin and eyesight
B-vitamins, including thiamin and folate, which help keep the nervous and reproductive systems healthy and help create red blood cells.
People can eat oranges on their own as a refreshing snack or by drinking a glass of pure orange juice. Juice oranges at home or choose a brand of fresh juice whose label states it is not from concentrate.
People can also grate orange peel into a salad, yoghurt, or as a cereal topping to add extra flavour.
Limes
Limes are a sour citrus fruit that provide a range of health benefits.
Like other citrus fruits, limes provide a healthful dose of vitamin C. They also have similar health benefits, antibacterial, and antioxidant properties.
How to eat limes
Limes work well in savoury foods. Try adding the juice or grated peel of a lime to flavour salad dressings or rice dishes. Otherwise, juice a lime and add to hot or cold water for a refreshing drink.
Apples
Apples make a quick and easy addition to the diet. Eat them with the skin on for the greatest health benefits.
Apples are high-fibre fruits, meaning that eating them could boost heart health and promote weight loss. The pectin in apples helps to maintain good gut health.
Pineapples
Pineapple is an exotic fruit that may help reduce inflammation and promote healthy tissue growth. Pineapple contains an active compound called bromelain, which many people take as a dietary supplement because of its potential health benefits. The National Center for Complementary and Integrative Health state that Trusted Source bromelain can help with reducing nasal inflammation or sinusitis. However, scientists need to carry out more research into its benefits for osteoarthritis and its anticancer potential. Pineapples contain manganese, which the body uses to build bone and tissue.
Bananas

Bananas are well known for their high potassium content. Bananas are also a good source of energy and can also help with regular bowel movements and stomach issues, such as ulcers and colitis. So the next time you op into the market set aside some cash for your family's fruits supplies. Enditem