

<b>Fruit</b>	<b>Benefits</b>	<b>Compositions</b>
<b>Avocado</b>	<ul style="list-style-type: none"> <li>- Powerful Antioxidants That Can Protect Your Eyes</li> <li>- Loaded With Heart-Healthy Monounsaturated Fatty Acids</li> <li>- Loaded With Fiber</li> <li>- Lower Cholesterol and Triglyceride Levels</li> <li>- Their Fat Content May Help You Absorb Nutrients From Plant Foods</li> </ul>	Nutritional value per 100 g (3.5 oz) Energy 670 kJ (160 kcal) Carbohydrates 8.53 g Sugars 0.66 g Dietary fiber 6.7 g Fat 14.66 g Saturated 2.13 g Polyunsaturated 1.82 g Protein 2 g
<b>Banana</b>	<ul style="list-style-type: none"> <li>- Moderating Blood Sugar Levels</li> <li>- Improve Digestive Health</li> <li>- Help With Weight Loss</li> <li>- Support Heart Health</li> <li>- Contain Powerful Antioxidants</li> <li>- Improve Insulin Sensitivity</li> <li>- Improve Kidney Health</li> </ul>	Nutritional value per 100 g (3.5 oz) Energy 371 kJ (89 kcal) Carbohydrates 22.84 g Sugars 12.23 g Dietary fiber 2.6 g Fat 0.33 g Protein 1.09 g Vitamin C 8.7 mg Iron 0.26 mg
<b>Black Plum</b>	<ul style="list-style-type: none"> <li>- They Contain Many Nutrients</li> <li>- Prunes and Prune Juice May Relieve Constipation</li> <li>- Plums and Prunes Are Rich in Antioxidants</li> <li>- They May Help Lower Your Blood Sugar</li> <li>- Prunes May Promote Bone Health</li> <li>- Plums and Prunes May Benefit Heart Health</li> <li>- Easy to Add to Your Diet</li> </ul>	Nutritional value per 100 g (3.5 oz) Energy 192 kJ (46 kcal) Carbohydrates 11.42 g Sugars 9.92 g Dietary fiber 1.4 g Fat 0.28 g Protein 0.7 g Vitamin C 9.5 mg Vitamin E 0.26 mg
<b>Blueberry</b>	<ul style="list-style-type: none"> <li>- High in Antioxidants</li> <li>- Help Fight Cancer</li> <li>- Amp Up Weight Loss</li> <li>- Boost Brain Health</li> <li>- Alleviate Inflammation</li> <li>- Support Digestion</li> <li>- Promote Heart Health</li> </ul>	Nutritional value per 100 g (3.5 oz) Energy 240 kJ (57 kcal) Carbohydrates 14.49 g Sugars 9.96 g Dietary fiber 2.4 g Fat 0.33 g Protein 0.74 g Vitamin C 9.7 mg Vitamin E 0.57 mg

<b>Cantaloupe</b>	<ul style="list-style-type: none"> <li>- Improves Vision</li> <li>- Prevents Cancer</li> <li>- Boosts Immunity</li> <li>- Reduces Dehydration</li> <li>- Skin &amp; Hair Care</li> <li>- Regulates Blood Pressure</li> <li>- Controls Diabetes</li> <li>- Treats Arthritis</li> </ul>	Nutritional value per 100 g (3.5 oz) Energy 141 kJ (34 kcal) Carbohydrates 8.16 g Sugars 7.86 g Dietary fiber 0.9 g Fat 0.19 g Protein 0.84 g Vitamin C 36.7 mg
<b>Coconut</b>	<ul style="list-style-type: none"> <li>- It is anti-viral, anti-bacterial, anti-fungal, and anti-parasite</li> <li>- Improves digestion and absorption of nutrients, vitamins, and minerals</li> <li>- Improves insulin secretion and symptoms associated with diabetes</li> <li>- Helps protect the body from cancers due to insulin reduction, removal of free radicals that cause premature aging and degenerative disease</li> <li>- Reduces risk of heart health and improves good cholesterol</li> <li>- Restores and supports thyroid function</li> <li>- Helps protect against kidney disease and bladder infection</li> </ul>	Nutritional value per 100 g (3.5 oz) Energy 354 kcal (1,480 kJ) Carbohydrates 15.23 g Sugars 6.23 g Dietary fiber 9.0 g Fat 33.49 g Protein 3.33 g Vitamin C 3.3 mg Vitamin E 0.24 mg
<b>Grape</b>	<ul style="list-style-type: none"> <li>- Treat Asthma</li> <li>- Strengthen Bones</li> <li>- Prevent Heart Diseases</li> <li>- Cure Migraine</li> <li>- Treat Constipation</li> <li>- Relieve Indigestion</li> <li>- Decrease Fatigue</li> <li>- Control Diabetes</li> </ul>	Nutritional value per 100 g (3.5 oz) Energy 288 kJ (69 kcal) Carbohydrates 18.1 g Sugars 15.48 g Dietary fiber 0.9 g Fat 0.16 g Protein 0.72 g Vitamin C 3.2 mg Vitamin E 0.19 mg
<b>Honeydew</b>	<ul style="list-style-type: none"> <li>- Promotes Weight Loss</li> <li>- Stronger Bones and Teeth</li> <li>- Hydrates the Body</li> <li>- Curbs Hypertension</li> <li>- Nourishes the Skin</li> <li>- Improves Overall eye Health</li> <li>- Boosts Immune System</li> </ul>	Nutritional value per 100 g (3.5 oz) Energy 150 kJ (36 kcal) Carbohydrates 9.09 g Sugars 8.12 g Dietary fiber 0.8 g Fat 0.14 g Protein 0.54 g Vitamin C 18 mg
<b>Kiwi</b>	<ul style="list-style-type: none"> <li>- Treats Asthma</li> <li>- Aids in Digestion</li> <li>- Antioxidant &amp; Vitamin C Rich</li> <li>- Controls Diabetes</li> <li>- Reduces Blood Clotting</li> </ul>	Nutritional value per 100 g (3.5 oz) Energy 255 kJ (61 kcal) Carbohydrates 14.66 g Sugars 8.99 g Dietary fiber 3 g

	<ul style="list-style-type: none"> <li>- Regulates Blood Pressure</li> <li>- Improves Heart Health</li> </ul>	<ul style="list-style-type: none"> <li>Fat 0.52 g</li> <li>Protein 1.14 g</li> <li>Vitamin C 92.7 mg</li> </ul>
<b>Mango</b>	<ul style="list-style-type: none"> <li>- Prevents Cancer</li> <li>- Lowers Cholesterol</li> <li>- Clears the Skin</li> <li>- Improves Eye Health</li> <li>- Alkalizes the Whole Body</li> <li>- May Help with Diabetes</li> <li>- Promotes Healthy Sex</li> <li>- Improves Digestion</li> <li>- Helps Fight Heat Stroke</li> </ul>	<ul style="list-style-type: none"> <li>Nutritional value per 100 g (3.5 oz)</li> <li>Energy 250 kJ (60 kcal)</li> <li>Carbohydrates 15 g</li> <li>Sugars 13.7g</li> <li>Dietary fiber 1.6 g</li> <li>Fat 0.38 g</li> <li>Protein 0.82 g</li> <li>Vitamin C 36.4 mg</li> <li>Vitamin E 0.9 mg</li> </ul>
<b>Orange</b>	<ul style="list-style-type: none"> <li>- Oranges contain phytochemicals that protect against cancer.</li> <li>- Orange juice can help prevent kidney diseases.</li> <li>- Mandarin oranges fight liver cancer, according to studies.</li> <li>- Oranges lower cholesterol.</li> <li>- They are rich in potassium and boost heart health.</li> <li>- They lower the risk of diseases.</li> </ul>	<ul style="list-style-type: none"> <li>Nutritional value per 100 g (3.5 oz)</li> <li>Energy 197 kJ (47 kcal)</li> <li>Carbohydrates 11.75 g</li> <li>Sugars 9.35 g</li> <li>Dietary fiber 2.4 g</li> <li>Fat 0.12 g</li> <li>Protein 0.94 g</li> <li>Vitamin C 53.2 mg</li> <li>Vitamin E 0.18mg</li> </ul>
<b>Papaya</b>	<ul style="list-style-type: none"> <li>- Age-related macular degeneration</li> <li>- Asthma, heart disease prevention</li> <li>- Cancer risk, chronic inflammation. reduction</li> <li>- Good for bone health, digestion, skin, skin healing and hair health</li> </ul>	<ul style="list-style-type: none"> <li>Nutritional value per 100 g (3.5 oz)</li> <li>Energy 179 kJ (43 kcal)</li> <li>Carbohydrates 10.82 g</li> <li>Sugars 7.82 g</li> <li>Dietary fiber 1.7 g</li> <li>Fat 0.26 g</li> <li>Protein 0.47 g</li> <li>Vitamin A 1,531 IU</li> <li>Vitamin C 62 mg</li> <li>Calcium 20 mg</li> </ul>
<b>Peach</b>	<ul style="list-style-type: none"> <li>- Hypokalemia Prevention</li> <li>- Cancer Prevention</li> <li>- Healthy Eyes</li> <li>- Healthy Skin</li> <li>- Healthy Digestion</li> <li>- A Healthy Pregnancy</li> <li>- Blood Stains</li> <li>- Healthy Brain Function</li> </ul>	<ul style="list-style-type: none"> <li>Nutritional value per 100 g (3.5 oz)</li> <li>Energy 165 kJ (39 kcal)</li> <li>Carbohydrates 9.54 g</li> <li>Sugars 8.39 g</li> <li>Dietary fiber 1.5 g</li> <li>Fat 0.25 g</li> <li>Protein 0.91 g</li> <li>Vitamin C 6.6 mg</li> <li>Vitamin E 0.73 mg</li> </ul>

<b>Pineapple</b>	<ul style="list-style-type: none"> <li>- Immune system support</li> <li>- Good for Bone strength</li> <li>- Good for eye health</li> <li>- Good for digestion</li> <li>- Blood clot reduction</li> <li>- Common cold and sinus inflammation</li> </ul>	Nutritional value per 100 g (3.5 oz) Energy 209 kJ (50 kcal) Carbohydrates 13.12 g Sugars 9.85 g Dietary fiber 1.4 g Fat 0.12 g Protein 0.54 g
<b>Strawberry</b>	<ul style="list-style-type: none"> <li>- Strawberries Enhance Cognitive Function</li> <li>- Strawberries Benefit Diabetics</li> <li>- Strawberries Protect the Heart</li> <li>- Strawberries Reduce Hypertension</li> <li>- Strawberry Can Help Prevent Allergies and Asthma</li> <li>- Strawberry Improve Eyesight</li> <li>- Strawberry Strengthen The Immune System</li> <li>- Strawberry Help Prevent Cancer</li> </ul>	Nutritional value per 100 g (3.5 oz) Energy 136 kJ (33 kcal) Carbohydrates 7.68 g Sugars 4.89 g Dietary fiber 2 g Fat 0.3 g Protein 0.67 g Vitamin C 58.8 mg Vitamin E 0.29 mg
<b>Taro</b>	<ul style="list-style-type: none"> <li>- Improves The Chances of Dietary Success</li> <li>- Great Carbohydrate Source</li> <li>- Support Digestive Health</li> <li>- Improves Metabolic Efficiency and Nutrient Absorption</li> <li>- Bolsters Immune Function</li> <li>- Helps Blood Health</li> <li>- Good for Aerobic and Strength Exercises</li> <li>- Improve Heart and Bone Health</li> <li>- Improves Enzyme Function and Fight Anaemia</li> </ul>	Nutritional value per 100 g (3.5 oz) Energy 594 kJ (142 kcal) Carbohydrates 34.6 g Sugars 0.49 g Dietary fiber 5.1 g Fat 0.11 g Protein 0.52 g Vitamin C 5 mg Vitamin E 2.93 mg
<b>Watermelon</b>	<ul style="list-style-type: none"> <li>- Helps You Hydrate</li> <li>- Contains Nutrients and Beneficial Plant Compounds</li> <li>- Contains Compounds That May Help Prevent Cancer</li> <li>- May Improve Heart Health</li> <li>- May Lower Inflammation and Oxidative Stress</li> <li>- May Help Prevent Macular Degeneration</li> <li>- May Help Relieve Muscle Soreness</li> </ul>	Nutritional value per 100 g (3.5 oz) Energy 127 kJ (30 kcal) Carbohydrates 7.55 g Sugars 6.2 g Dietary fiber 0.4 g Fat 0.15 g Protein 0.61 g Vitamin C 8.1 mg