
Fruit and their beneficts

Trabajo colaborativo de 7mo A

Fruits and their Characteristics

As it could not be otherwise, **the peaches** also have a lot of fiber. This is critical for promoting good digestion, preventing constipation and regulating cholesterol levels. For this reason, the consumption of this fruit reduces the risk of developing heart disease



The strawberries have the characteristic of containing high amounts of vitamin C and little E. When the minerals contain Potassium, Iron, Magnesium and Calcium and are red.





Orange: is a powerful antioxidant because of the large amount of Vitamin C it contains, therefore it promotes healing, and strengthens the body's immune system. It also contains calcium, magnesium, beta carotene, folic acid, phosphorus, potassium, copper, zinc, malic, oxalic, tartaric and citric acids.



Banana: Rich in minerals such as magnesium, potassium, folic acid and astringent substances, a banana also offers a high fiber content, fruit-oligosaccharide type. It is low in fat and protein. It also has beta-carotene, B vitamins - especially folic acid - and C and trace amounts of vitamin.

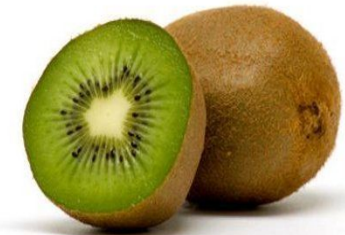
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The grape

The nutrients provided by **grape** include sugars and vitamins. The first ones, mainly glucose and fructose, contribute calories to the body, while the latter (folic acid and vitamin B6) are involved in the production of red and white blood cells, the synthesis of genetic material and the formation of antibodies in the immune system, which are especially recommended during the first months of gestation as it can prevent spina bifida or various alterations in the development of the fetus. Vitamins, specifically B6, also help maintain the normal functions of the brain. The vasodilation, which increases blood flow and fights arteriosclerosis, helps arteries. Due to these characteristics the grape strengthens the good condition of the arteries and therefore of the heart. The grape also helps us with providing energy, cholesterol and preventing cancer.

The kiwi

The **kiwi** is a fruit of ovoid form, of size is similar to a big egg, weighs approximately 80 grams according to the variety and covered of a thin skin of brown color, slightly hairy is tropical of yellowish color and its flavor, contains mineral salts potassium, Calcium and phosphorus) and vitamin B2. (It purifies blood and is a good food, and the weight varies from 30-150g., K which reduces the risk of cancer, heart disease and macular degeneration and cataracts, both important causes of blindness. Diabetes, heart disease) and insoluble (colon cancer, constipation and diverticulitis), and is rich in folate, magnesium and vitamin E, which helps bone formation and reduces the risk of heart disease and vitamin C, since it is so high that it actively participates in the defense against infectious diseases, such as influenza and colds. By this question it is interesting - and recommended - its consumption not only in people sick or low of defenses, but in children and old.





Pineapple

Pineapple contains minerals like iron, the magnesium, the iodine, zinc or maganes, it has vitamins A, of group B and C, Making pineapple an excellent source of antioxidants that fight free radicals and delay aging. Up to 85% of the pineapple is water, this means that you will be satiated,will keep you hydrated and that contributes very few calories.



Apple and its characteristics. It has vitamin A, vitamin C and FIBRA. Cisteina (component of the tissues, it eliminates the toxins of the liver); Glycine (natural antacid and responsible for the immune system) arginine (much needed for muscle growth and tissue repair, responsible for the glycine of the immune system), histidine (vasodilator and stimulator of gastric juice. Calcium, iron, magnesium, nitrogen, phosphorus, potassium ...



The strawberries have the characteristic of containing high amounts of vitamin C and little E. When the minerals contain Potassium, Iron, Magnesium and Calcium. Strawberries are very low in calories, fat and sodium, so they are recommended for those who do diets to lose weight.

The strawberry



Fragaria, commonly called **strawberry**, is a genus of stoloniferous creeping plants of the Rosaceae family. It groups about 400 taxa of which 20 are accepted.
