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Date: Nov 19, 2007 2:56 PM

Subject: FW: A 2 Z of Fruits

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Subject: A 2 Z of Fruits

## Apple

### **Key benefits of apples**

Apples, known as a cleansing food, contain fibre, antioxidants and fruit flavonoids. The most important of the flavonoids contained in apples is quercetin, which has anti-inflammatory as well as anti-cancer actions. Apples contain vitamin C as well – more so in green apples than in red ones. Apples can reduce blood cholesterol levels, counter constipation and diarrhoea, help joint problems and help prevent diseases in general.

### **How much apples should you eat?**

Apples can be eaten freely, but more than two or three a day does not increase the health benefits. Large quantities of apple juice can encourage tooth decay and diarrhoea.

### **Maximising the benefits of apples**

Apples are best eaten raw, as cooking can reduce the flavonoids by as much as 70 percent into the cooking water. It is also a good idea to eat the apple unpeeled as flavonoids are contained in or near the skin.

### **Nutritional values of apple**

Calories	57
Fibre	1,8 g
Potassium	120 mg
Vitamin C	10 mg
Vitamin E	0,6 mg
Quantities per 100 g	

## Appricot

### **Key benefits of apricots**

Apricots are rich in the antioxidant beta-carotene and rich in iron and potassium. It can help regulate blood pressure and is also high in soluble fibre, which helps maintain regular bowel function.

### **How many apricots should you eat?**

Dried or fresh apricots can be eaten freely. A handful of dried apricots supplies one fifth of an adult's daily potassium needs and between 10 and 20 percent of an adult's iron needs.

### **Maximising the benefits of apricots**

Dried apricots should be eaten with foods that are rich in Vitamin C so that iron absorption can be increased.

### **Nutritional values of apricots**

Calories	188
Carotenes	323 mcg
Fat	1 g
Fibre	8 g
Iron	4 mg
Potassium	1880 mg
Carbohydrates	37 g
Starch	0
Sugars	37 g
Protein	4 g
Glycaemic index high	
100 g Dried apricots	

## Avocado

### **Key benefits of avocado**

Avocados reduce cholesterol and so reduce the risk of atherosclerosis. They also have antioxidant ability and contain vitamins E, C and B6, as well as potassium.

### **How much avocado should you eat?**

Intake of avocados should be moderate, as they are high in calories. A whole avocado weighs about 130g and has about 240 calories.

### **Maximising the benefits of avocado**

Avocado is a natural source of monounsaturated fat, which makes it a heart-healthy food package. Alpha-carotene is best absorbed with some fat, as is vitamin E.

### **Nutritional values of avocado**

Calories	190
Potassium	450 mg
Fibre	3,4g
Vitamin E	3,2mg
Per 100 g raw	

## Banana

### **Key benefits of bananas**

Bananas are a good source of both potassium and vitamin B6. They not only help to maintain bowel health, but are also good energy-boosting snacks. As bananas ripen, their starch is converted into sugar. Bananas help to maintain blood sugar levels and it is also a fruit which is easily digested.

### **How much banana should you eat?**

Bananas can be eaten freely, within limits. A banana weighing 100 g contains about 62 calories. It must be remembered that dried bananas are a more concentrated source of nutrients than plain bananas.

### Maximizing the benefits of banana

Fresh, ripe bananas are a very good source of fruit sugars and can give a quick energy boost.

### Nutritional values of banana

Calories	62
Potassium	270 mg
Vitamin B6	0.19 mg
Vitamin C	7 mg
Niacin	0.5 g
Per 100g ready-to-eat, weighed with the skin	

## BlackBerry

### Key benefits of blackberries

Blackberries are a good low fat source of vitamin E and it helps to fight infection. It also contains salicylate, which is thought to lower the chance of heart risk. It also contains vitamin C, phenolic acids and folate.

### How much blackberries should you eat?

Blackberries can be eaten in many forms, from juice to desert or just fresh.

### Maximizing the benefits of blackberries

Blackberries are best eaten fresh, but the cooked variety still contains high quantities of vitamin E.

### Nutritional values of blackberries

Calories	25
Fibre	3,1 g
Folate	34 g
Vitamin E	2,4 mg
Per 100g serving	

## Blackcurrants

### **Key benefits of blackcurrants**

Blackcurrants have high vitamin C content – four times as much as oranges of an equivalent weight. They are rich in antioxidants and flavonoids and help to relieve inflammation as well as urinary tract infections. It is also a good source of potassium.

### **How much blackcurrants should you eat?**

Blackcurrants can be eaten freely, either raw, or cooked. Blackcurrant juice often contains very little fruit.

### **Maximizing the benefits of blackcurrants**

Blackcurrants in all forms work as antioxidants, as anti-inflammatory and theanthocyanin flavonoids counter the bacteria that cause food poisoning and urinary tract infections.

### **Nutritional values of blackcurrants**

Calories	28
Carotenes	100 mcg
Fiber	3,6 g
Iron	1,3 mg
Potassium	370 mg
Vitamin C	200 mg
Vitamin E	1 mg
Per 100g uncooked serving	

## Blueberry

### **Key benefits of blueberries**

Blueberries have many health benefits, including the highest antioxidant ability of all fresh fruit. They also have effective anti-inflammatory, anti-blood clotting and antibacterial effects. In the past they were often used to combat diarrhea and food poisoning. They are also thought to have anti-ageing properties.

**How much blueberries should you eat**

About thirty berries per day (65 g) are considered beneficial.

**Maximizing the benefits of blueberries**

Blueberries are not sour and can be eaten raw, so preserving their vitamin C content.

Lightly cooked fruit retain their therapeutic properties.

**Nutritional values of blueberries**

Calories	30
B vitamins	Good range
Fiber	1,8 g
Vitamin C	17 mg
Per 100g uncooked serving	

**Cherry****Key benefits of cherries**

Cherries contain the powerful antioxidant anthocyanin. Cherries are believed to relieve gout if at least 225 g are eaten daily. They are also thought to have a mild laxative action.

**Maximizing the benefits of cherries**

Although fresh cherries have a very short season, cherries that have been bottled, canned or cooked seem to retain their beneficial qualities.

**Nutritional values of cherries**

Calories	39
Potassium	170 mg
Vitamin C	9 mg
Carbohydrates	12 g
Starch	0
Sugars	12 g

Protein	1 g
Fat	< 1 g
Glycaemic index low	
Per 100g fresh	

## Cranberry

### **Key benefits of cranberries**

Cranberries may reduce bladder infections. They also help to maintain a healthy heart and also may have anti-inflammatory benefits, as they have anti-fungal and antiviral properties. It is also thought that small amounts of cranberries may benefit kidney stone sufferers. The condensed tannins in cranberries have strong antioxidant properties.

### **How much cranberries should you eat?**

To combat urinary tract infections, 300 ml of cranberry juice can be drunk daily.

### **Maximizing the benefits of cranberries**

Condensed tannins which are found in cranberries are not destroyed in cooking. These tannins are powerful antioxidants.

### **Nutritional values of cranberries**

Calories	15
Fiber	3
Iron	0,7 mg
Vitamin C	13 g
Per 100g raw	

## Figs

### **Key benefits of figs**

Dried or semi-dried figs are a good snack with which to increase energy and raise blood sugar levels quickly. They are also known for their laxative properties. It is thought that they also have cancer-discouraging action.

### **How much figs should you eat?**

As figs are very high in sugar content, not too many of them should be eaten.

### **Maximizing the benefits of figs**

Figs can be eaten fresh, dried or semi-dried. Figs are a source of potassium, calcium, iron and magnesium.

### **Nutritional values of figs**

Carbohydrate	53 g
Starch	0
Sugars	53 g
Protein	4 g
Fat	2 g
Glycaemic index high	
Per 100g raw	

## Grapefruit

### **Key benefits of grapefruit**

All citrus fruit are excellent sources of Vitamin C, which helps to maintain the body's defenses. The flavonoid naringenin is found in grapefruit. It is thought to reduce the risk of some cancers. Grapefruit can improve blood circulation and lower blood cholesterol levels.

**How much grapefruit should you eat?**

Citrus fruit can be eaten freely. Two or three citrus fruits can provide the body with 20 percent of its potassium requirements.

**Maximizing the benefits of grapefruit**

Grapefruit is best eaten peeled and raw. This is more beneficial than grapefruit juice. It is important also to eat the skin around the segments. Grapefruit is best eaten when fresh and chilled as this maximizes its vitamin C content.

**Nutritional values of grapefruit**

Calories	20
Vitamin C	24 mg
Fiber	0,9 mg
Folate	18 mcg
Carbohydrate	9 g
Starch	0
Sugars	9 g
Glycaemic Index high	
Per 100g	

**Grapes****Key benefits of grapes**

Both red and black grapes contain powerful antioxidants and resveratrol, which helps to prevent both the narrowing and hardening of the arteries. Ellagic acid, which has anti-cancer properties, is also contained in grapes. They do, however, have very high sugar content.

**How much grapes should you eat?**

Grapes have many health benefits, but have high sugar content and should therefore be eaten in moderation.

### Maximizing the benefits of grapes

Grapes are a good source of potassium.

### Nutritional values of grapes

Calories	60
Carbohydrate	15 g
Starch	0
Sugars	15 g
Protein	<1g
Fat	<1 g
Glycaemic Index medium	
Per 100g	

## Kiwifruit

### Key benefits of kiwifruit

Kiwifruit is one of the world's most nutritious fruit and it contains very high levels of vitamin C, potassium and chlorophyll. It contains a wealth of nutrients and antioxidants. It has anti-cancer effects.

### How much kiwifruit should you eat?

An average kiwifruit weighs 75 g. It is a very healthy fruit and can be eaten in many different ways.

### Maximizing the benefits of kiwifruit

Kiwifruit should be eaten as soon as they are ripe, and sliced just before being eaten, as leaving them standing could decrease their vitamin C levels.

### Nutritional values of kiwifruit

Calories	42
Fiber	1,6 g
Potassium	250 mg

Vitamin C	51 mg
Glycaemic Index	medium
Per 100g	

## Lemons

### **Key benefits of lemons**

Lemons have very high vitamin C content. Lemons help to lower cholesterol levels and also have anti-cancer effects, because of lemons' limonoid phytochemicals.

### **How many lemons should you eat?**

Lemons are low in calories, but because they are generally quite sour, they tend to be eaten in dressings, sauces or drinks, rather than on their own. A daily portion of citrus fruit is recommended.

### **Maximizing the benefits of lemons**

Limonoids and limonene are found in the whole lemon – pith and peel included. It is therefore best to make use of the whole lemon.

### **Nutritional values of lemons**

Calories	7
Fiber	0,1 g
Potassium	130 mg
Vitamin C	36 mg
Per 100g juice	

## Mango

### **Key benefits of mango**

Mango is thought to bring about a reduced risk of colon and cervical cancer. It is a rich source of beta-carotene, which the body can convert to vitamin A. It also contains beta-cryptoxanthin.

### **How much mango should you eat?**

An average mango weighs about 150 g. They can be eaten just as is, or mixed into fruit salads.

### **Maximizing the benefits of mango**

As beta- cryptoxanthin is best absorbed by the body when eaten with fat, it is a good idea to eat mangoes as part of a meal, rather than on their own.

### **Nutritional values of mango**

Calories	57
Fibre	2,6 g
Vitamin C	37 mg
Vitamin E	1 mg
Glycaemic Index	medium
Per 100g	

## Melons

### **Key benefits of melons**

Melons are good sources of beta-carotene and vitamin C. They may have an anti-clotting action on the blood. Melons are also thought to lower cancer and heart disease risk.

### **How much melon should you eat?**

Melons are reasonably low in calories and can be eaten freely. They also have very high water content.

**Maximizing the benefits of melons**

Melons with a lighter yellow or green colour as well as watermelons contain less vitamin C and beta-carotene than orange melons do.

**Nutritional values of melons**

Calories	35
Per 100g	