

FRUIT INGREDIENT BENEFITS



APPLES.....
Source of fiber, phytonutrients, flavonoids, vitamin C, and potassium.



BLACKBERRIES.....
High antioxidant phytonutrients (particularly anthocyanins), good source for manganese, vitamin C, K, E, A, folate acid, and magnesium.



CHERRIES.....
Source of fiber, manganese, vitamin A, vitamin C, high in antioxidants. Some studies suggest the anthocyanins in tart cherries may reduce inflammation.



PEARS.....
Contain a sweet natural flavor, and are a good source of potassium and dietary fiber.



BLUEBERRIES.....
Source of antioxidants, anthocyanins, quercetin, vitamin C, vitamin K, and manganese.



CRANBERRIES.....
Source of vitamin C, dietary fiber, vitamin E, vitamin K, manganese, anthocyanins, and phenolics. Some studies suggest cranberries may be helpful to the urinary tract by blocking bacteria.



RASPBERRIES.....
The anthocyanins present in raspberry have been found to reduce the risk of heart disease and also delay the effects of aging. Raspberries contain ellagic acid, which is a phenolic compound that occurs in high levels and is linked to anti-cancer initiators. High in fiber and a good source of vitamins C, E, K, Folate and various minerals.



STRAWBERRIES.....
The anthocyanins in strawberry not only provide its flush red color, they also serve as potent antioxidants that have repeatedly been shown to help protect cell structures in the body and to prevent oxygen damage in all of the body's organ systems. In terms of traditional nutrients, strawberries emerged from our food ranking system as an excellent source of vitamin C and manganese. They also qualified as a very good source of dietary fiber and iodine, as well as a good source of potassium, folate, vitamin B5, omega-3 fatty acids, vitamin B6, vitamin K, magnesium, and copper.