

EXERCISE NO:1

OUTPUT:

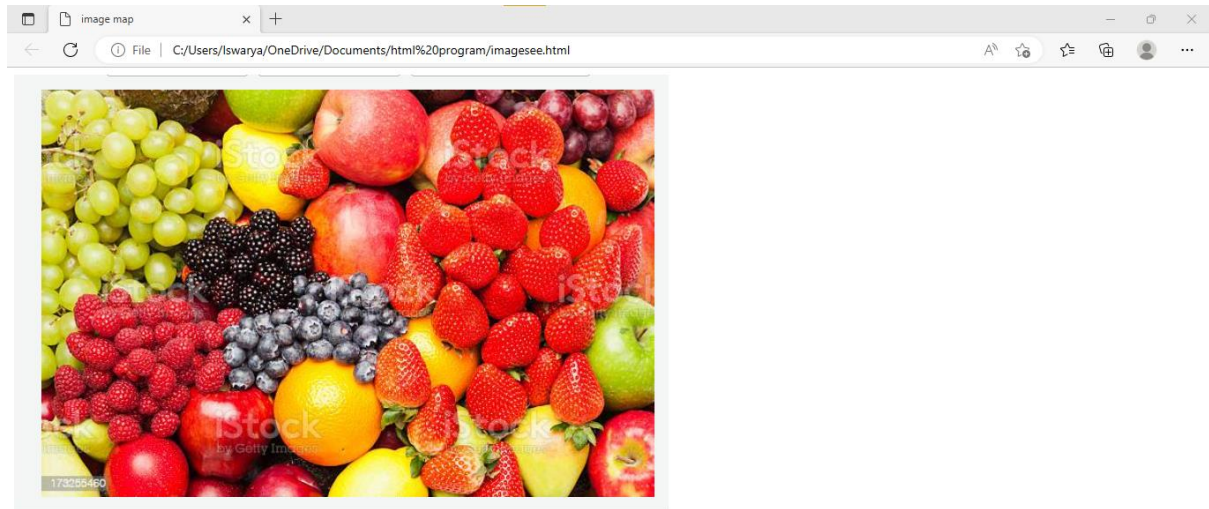


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orange fruit

orange fruit uses and its benefits

Oranges are a nutritional powerhouse, packed with vitamins and minerals. The most noteworthy of these is vitamin C, a water-soluble antioxidant that prevents cell damage.

The vitamin C found in oranges has other health benefits too- orange fruit benefits. Forms blood vessels, muscles, cartilage, and collagen in your bones.

Fights inflammation and can reduce the severity of conditions like asthma, rheumatoid arthritis, and cancer.

Boosts the body's immune system to protect against viruses and germs.

Improves iron absorption and fights anemia.

Slows age-related macular degeneration (AMD), which can lead to vision loss.

Lowers blood pressure and cortisol, the stress hormone.

many different varieties of oranges. Some are sweet, and some are sour. Common types include:

- Navel
- Mandarin
- Cara Cara
- Blood oranges
- Valencia
- Seville
- Jaffa

Every type of orange has more than 100% of your recommended daily amount of vitamin C.

That's more than any other citrus fruit. All you have to do to get this key vitamin is peel and eat.

A high-quality photograph of two oranges against a white background. One orange is whole and positioned slightly behind the other. The second orange is cut in half, revealing the bright orange, segmented flesh and the white pith. Both oranges have a few green leaves attached to their stems, and their surfaces are covered in fine water droplets, giving them a fresh appearance.



Black berry fruit

Blackberries have impressive health benefits, too. They're packed with vitamin C. Just one cup of raw blackberries has 30.2 milligrams of vitamin C. They're high in fiber. Most people don't get enough fiber in their diet. ... Great source of vitamin K. High in manganese. May boost brain health. Helps support oral health. While many fruits offer a wonderful combination of nutrients and flavor, few provide as many nutrients and health benefits as blackberries. Sometimes confused with raspberries, these tasty morsels represent a diverse group of berries from the Rubus species. If you're struggling to tell the two apart, remember this: when raspberries are picked, the stem remains on the plant and leaves a hollow. With blackberries, the stem stays on the fruit. Humans have enjoyed blackberries for thousands of years. Preserved fruit and seeds were even found in the body of a Danish woman from 2,500 years ago.



Apple fruit

Apples are rich in quercetin and pectin, both of which are credited for supplying apples with their health benefits. Quercetin is a flavonoid, a type of naturally occurring plant chemical that has antioxidant and anti-inflammatory effects. Pectin is a type of soluble fiber that may help prevent constipation and have a modest effect on lowering LDL, the "bad" cholesterol. Pectin is also fermented by beneficial bacteria in the colon, which produces short chain fatty acids that may play a role in the prevention of chronic diseases, including certain cancers and bowel disorders. The type of fiber found in apples improves your gut-friendly which may be why the fruit is thought to help protect against chronic diseases. Apples are considered nutrient-dense fruits, meaning they provide a lot of nutrients per serving. The current Dietary Guidelines for Americans recommend 2 cups of fruit daily for a 2,000-calorie diet, emphasizing whole fruits, like apples.

