**Importance of Fruits-**

* The nutrients in grapes may help protect against cancer, eye problems, cardiovascular disease, and other health conditions.
* Resveratrol is a key nutrient in grapes that may offer health benefits.
* Grapes are a good source of fiber, [potassium](https://www.medicalnewstoday.com/articles/287212.php), and a range of [vitamins](https://www.medicalnewstoday.com/articles/195878.php) and other minerals.
* Grapes are suitable for people with [diabetes](https://www.medicalnewstoday.com/info/diabetes/), as long as they are accounted for in the diet plan.

Apples are a popular fruit, containing antioxidants, vitamins, dietary fiber, and a range of other nutrients. Due to their varied nutrient content, they may help prevent several health conditions.

Apples come in a variety of shapes, colors, and flavors and provide a range of nutrients that can benefit many different aspects of a person’s health.

For example, they may help reduce the risk of [cancer](https://www.medicalnewstoday.com/info/cancer-oncology/), [obesity](https://www.medicalnewstoday.com/info/obesity/how-much-should-i-weigh.php), [heart disease](https://www.medicalnewstoday.com/articles/237191.php), [diabetes](https://www.medicalnewstoday.com/info/diabetes/), and several other conditions.

In this article, learn more about the nutritional content of apples and how they may benefit a person’s health.

Bananas are one of the most popular fruits worldwide. They contain essential nutrients that can have a protective impact on health.

Eating bananas can help lower [blood pressure](https://www.medicalnewstoday.com/articles/270644.php) and may reduce the risk of [cancer](https://www.medicalnewstoday.com/info/cancer-oncology/).

This article will take a look at the potential health benefits of bananas, such as improving heart health and promoting regularity. It also examines the possible health risks that doctors have associated with bananas.