



**Apple** contain fiber, vitamin C, and numerous antioxidants. They are very filling and make the perfect snack if you're hungry between meals.

## 2. Avocados

**Avocados** are different from most other fruits because they contain lots of healthy fat. They are not only creamy and tasty but also high in fiber, potassium, and vitamin C. Swap mayonnaise for avocado as a salad dressing, or spread it on toast for breakfast.

## 3. Bananas

**Bananas** are a good source of potassium. They're also high in vitamin B6 and fiber and are convenient and portable.

## 4. Blueberries

**Blueberries** are both delicious and high in antioxidants.

## 5. Oranges

**Oranges** are well known for their vitamin C content. What's more, they're high in fiber and antioxidants.