The Top 10 Best Fruits for Kids.

By: Jasser Diaz

1. Berries. Berries are good for you because they have antioxidants, and vitamin C.

2. Apples. Apples make your kids stay strong and healthy while doing things they like to do. Also remember that “An apple a day keeps the doctor away”.

3. Bananas. Bananas have a lot of dietary fiber , vitamin C, and potassium.Those all keep your kids heart healthy and strong.

4. Oranges. Only one orange has enough vitamin C For 2 days! Oranges also have a lot of fiber, some beta carotene and a lot of other carotenoids.

5. Lemons. Only 100 ml of lemon juice contains 48 mg of vitamin C. That's enough for one entire day!

6. Peaches. Peaches are a good source of vitamin C and dietary fiber.

7. Grapes. The sugar in grapes makes them really sweet and delicious. Grapes carbohydrates are digested slowly and the energy they give can last longer.

8. Pineapple. Pineapples contain an enzyme (bromelain), which can tenderize meat if used as a marinade.

9. Pears. Pears skin color ranges from green to yellow to brown. Some pears are sweeter than others depending on how much sugar is in them.

10. Avocados. Avocados are a great source of vitamin B6, which you need for healthy skin, nervous system and for producing energy in kids' bodies.

Source

[https://www.hsph.harvard.edu/news/hsph-in-the-news/ fresh-berries-are-among-the-healthiest-foods-you-can-eat/#:~:text=The%20article%20noted%20that%20berries,help%20promote%20a%20healthy%20gut.](https://www.hsph.harvard.edu/news/hsph-in-the-news/fresh-berries-are-among-the-healthiest-foods-you-can-eat/#:~:text=The%20article%20noted%20that%20berries,help%20promote%20a%20healthy%20gut.)