

Fruits are an important part of a healthy diet because they provide essential vitamins, minerals, and fiber. They come in many different varieties, including sweet fruits like apples, bananas, and mangoes, as well as tangy fruits like oranges and lemons. Fruits are known for their health benefits, such as improving digestion and boosting the immune system. Many fruits also contain antioxidants, which help protect the body from damage caused by free radicals.