



RED BERRIES



Red berries are plentiful in nature, but not all of them can be safely eaten. The red berries that can be consumed, however, are among many people's favorite foods. They show up in pies, cobblers, jams or are simply eaten raw. Berries are plentiful in many states and can be rewarding for the home gardener. There are over 200 species of raspberries, which explains why they can be grown anywhere from icy Southern Chile to steamy Ecuador. The raspberries you buy in the store are often red, but they can also be black, purple, orange or yellow. Raspberries, like most berries, are low in calories and high in nutrients, providing more than half the RDA for vitamin C.

Apple

- Apples are among the world's most popular fruits.
- They grow on the apple tree (*Malus domestica*), originally from Central Asia.
- Apples are high in fiber, vitamin C, and various antioxidants.
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- They are also very filling, considering their low calorie count.
- Studies show that eating apples can have multiple benefits for your health (1, 2Trusted Source, 3Trusted Source, 4Trusted Source).
- Usually eaten raw, apples can also be used in various recipes, juices, and drinks.
- Various types abound, with a variety of colors and sizes.
- This article tells you everything you need to know about apples.
- Here are the nutrition facts for one raw, unpeeled, medium-sized apple (100 grams):

The proverb,

"An apple a day keeps the doctor away", addressing the supposed health benefits of the fruit, has been traced to 19th-century Wales, where the original phrase was "Eat an apple on going to bed, and you'll keep the doctor from earning his bread".[43] In the 19th century and early 20th, the phrase evolved to "an apple a day, no doctor to pay" and "an apple a day sends the doctor away"; the phrasing now commonly used was first recorded in 1922.[44]

Calories: 52
Water: 86%
Protein: 0.3 grams
Carbs: 13.8 grams
Sugar: 10.4 grams
Fiber: 2.4 grams
Fat: 0.2 grams

BLACK BERRIES



blackberry, prickly fruit-bearing bush of the genus *Rubus* of the rose family (Rosaceae) known for its dark edible fruits. native chiefly to north temperate regions. wild blackberries are particularly abundant in eastern North America and on the Pacific coast of that continent and are cultivated in many areas of North America and Europe. Blackberries are a fairly good source of iron, vitamin C, and antioxidants and are generally eaten fresh, in preserves, or in baked goods such as cobblers and pies.