

FRUIT SALAD, *yummy yummy.*

BLUEBERRIES

BLUEBERRIES CAN HELP HEART HEALTH, BONE STRENGTH, SKIN HEALTH, BLOOD PRESSURE, DIABETES MANAGEMENT, CANCER PREVENTION, AND MENTAL HEALTH.

STRAWBERRIES

STRAWBERRIES CONTAIN VITAMIN-A, VITAMIN-E AND HEALTH PROMOTING FLAVONOID POLY PHENOLIC ANTIOXIDANTS SUCH AS LUTEIN, ZEAXANTHIN, AND BETA-CAROTENE IN SMALL AMOUNTS.

ORANGES

ORANGES MAY BOOST YOUR IMMUNE SYSTEM AND IMPROVE YOUR SKIN; THEY ALSO AID WITH HEART HEALTH AND CHOLESTEROL LEVELS.

GRAPES

KIWIS

MANGOES

