



# Wellness News Network™

Your Source for Health & Wellness Information

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## Fruit and Health

Presented by:

### Introduction

Most people know that fresh fruit is packed with vitamins and fiber.

But did you know that daily servings of fruit reduce the odds of developing chronic disease?

All varieties of berries — including blackberries, raspberries, blueberries, cranberries and strawberries may help prevent cancer.

Specifically, research shows that berries inhibit the growth of oral, breast, colon and prostate tumors.

— *Journal of Agriculture and Food Chemistry*



One study found that as the concentration of berry extract increases, so does its power to inhibit cancer-cell growth.

— *Journal of Agriculture and Food Chemistry*

Consuming fruit reduces several risk factors of cardiovascular disease, such as obesity and high blood pressure.

— *European Journal of Clinical Nutrition*

Pomegranates may be especially helpful in reducing risks of breast cancer.

— *Breast Cancer Research and Treatment*

Cranberries may help prevent urinary tract infections.

— *Cochrane Database of Systematic Reviews*



### QUESTION:

Which of the following is not true:

- A) Eating 5 or more servings per day is optimal
- B) Opting for organic provides maximum benefit
- C) All fruit juice is always as beneficial as fresh fruit
- D) Dried fruit without additives is equally helpful

### ANSWER:

C) Juice lacks the fiber of whole fruit, and is often higher in calories

### TRUE OR FALSE:

Avocados are actually a fruit, containing a rich source of health fats

### ANSWER:

True

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## Awesome Apples

The old adage “An apple a day keeps the doctor away” is factual, say scholars. Eating a diet rich in apples may ward off lung disease. Researchers pooled data on 2,512 men aged 45 to 59 who completed food-frequency surveys at the study’s onset and at a five-year follow-up.

After accounting for various risk factors of lung disease, the researchers determined that study participants who ate five or more apples per week had significantly stronger lung function, compared with those who ate few apples {Thorax 2000;55:102-8}.

## Perfect Persimmons

Apples may need to share the spotlight with another round and brightly hued fruit: the persimmon. A head-to-head comparison of the two fruits revealed that persimmons contain significantly higher concentrations of dietary fiber, potassium, magnesium, calcium, iron, manganese and antioxidant compounds — nutrients that are all instrumental in fighting atherosclerosis.

The report is the first comparative study of persimmons and apples that evaluated their ability to prevent hardening of the arteries (atherosclerosis). Lead researcher Shela Gorinstein, Ph.D. concluded that eating one medium-sized persimmon (100 grams) per day is enough to help fight atherosclerosis. “The relatively high contents of dietary fibers, total and major phenolics [disease-fighting chemicals with high acid content], main minerals, and trace elements make persimmon preferable for an anti-atherosclerotic diet.” (J Agric Food Chew 2001;49:952-7.)



Consuming fruit decreases the destructive effects of free radicals and boosts the power of free-radical scavengers.

Free radicals are harmful molecules in the body that may trigger disease

## What makes fruit so healthy?

Among other wellness-boosting ingredients, fruit contains flavonoids, molecules with vast health-promoting effects ranging from anti-cancer, anti-inflammatory, anti-bacterial to anti-viral. Flavonoids also promote antioxidants, substances that slow down oxidation, a process causing cell and tissue damage and disease.

Do you know anyone who could benefit from fruit’s health benefits?

Ask at the front desk for a copy of our Wellness News Network handout to share with people you know!

## Quote to Inspire

*“Knowledge is knowing a tomato is a fruit; wisdom is not putting it in a fruit salad.”*

*- Miles Kington*



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