

# Nutrition facts on green fruits

## Avocado

-Excellent source of Potassium, Vitamins B and E, Monounsaturated Fatty Acids, and Fiber.

-One avocado contains the potassium content of two to three bananas.

-Among fruits, the amount of unsaturated oil content is second only to olives. Avocados contain about 20 percent fat which is about twenty times that of other fruit.

## Honeydew Melon

-Excellent source of Vitamin C. Good source of Potassium, Copper, Thiamine, Niacin, B6, and Pantothenic Acid.

-Due to their high water and combination with potassium they are helpful in maintaining healthy blood pressure levels.

-Provide several key nutrients that are particularly beneficial for healthy skin.

## Kiwi

-Excellent source of Vitamin C. Good source of Fiber. Decent amounts of Vitamins A and E, Phosphorus, Magnesium, Potassium, and Copper.

-Important in promoting respiratory tract health.

-Rich in antioxidants and enzymes.

## Limes

-Excellent source of Vitamin C. Good source of Folic Acid, Vitamin B6, Potassium, and Flavonoids.

-Contains phytochemical Limonene that are high in antioxidant and anticancer properties.

-Has an antibiotic effect and are strongly protective against diseases such as cholera.

## Pears

-Excellent source of pectin. Good source of Fiber, Vitamin B2, C, E, Copper, and Potassium.

-Higher in pectin than Apples. This makes them effective in helping to lower cholesterol levels and in toning the intestines.

-Recommended as a hypoallergenic fruit that is high in fiber. They are less likely to produce an adverse response than other fruits. Often recommended as a safe fruit to introduce to infants.