

WELLNESS WEDNESDAY

What About Fruit?

Since we know foods with added, concentrated sugar are associated with weight gain, inflammation, and increasing risk for chronic diseases, what does that mean for the sweetest of natural, whole foods—fruit?

The sugar in fruit is actually balanced with water, fiber, and many other important micronutrients. Not true of donuts, candy bars, and ice cream! If we consume fruits in the context of a balanced diet with vegetables, whole grains, and lean protein, then they are actually quite healthy. Things start to go the other way when we concentrate the sugar in fruit (juice), so get your two servings in with the *whole* fruit. Take a look below to see some of the health benefits that may come with diverse fruit consumption:

Healthy blood pressure. The potassium in oranges, bananas, cherries, honeydew, and avocado can help provide a balance for the sodium in our diets.

Healthy immune system and wound repair. Fruits high in vitamin C like citrus, strawberries, and kiwi can help support us through seasonal challenges and promote collagen synthesis.

Healthy red blood cells and DNA synthesis. In addition to the usual dark leafy greens and beans, fruit options like mangos, oranges, and avocados can help ensure we get enough folate in our day.

Healthy immune function, cell growth, and night vision. Some of the provitamin A carotenoids in fruits like cantaloupe (and carrots, for a vegetable option) can be converted into the vitamin A our bodies need for these important functions.

About two cups worth of a variety of fruits each day can be a valuable addition to most healthy diets!

<https://www.health.harvard.edu/blog/are-certain-fruits-healthier-than-others-202201312677>



“They tried adding healthy snacks to the office vending machines, but all that rotting fruit made the candy bars taste bad.”

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