

Fruits and benefits

Apple: Apples contain antioxidants called flavonoids, which may help lower the chance of developing diabetes and asthma. Apples are also a natural mouth freshener and clean your teeth with each crunchy bite.

Banana: potassium than most fruit and may help lower blood pressure levels.

Interesting fact: People with rubber latex allergies may also be allergic to bananas since the two come from similar trees and share a common protein.

Blackberry: contain antioxidants which can reduce the risk of stroke and cancer. Studies show that blackberry extract may help stop the growth of lung cancer cells.

Blueberries: may help lower the risk of developing age-related diseases such as Parkinson's and Alzheimer's.

Cherries: Sour cherries contain more of the potent antioxidant anthocyanin than any other fruit. Anthocyanin may help reduce inflammation and ease the pain of arthritis and gout.

Grape: Grapes contain resveratrol, an antioxidant that may help prevent heart disease by reducing blood pressure levels and lowering the risk of blood clots. Resveratrol may also help stop the spread of breast, stomach and colon cancer cells.

Kiwifruit : With more vitamin C than oranges, kiwis can help in the development and maintenance of bones, cartilage, teeth and gums. They can also help lower blood triglyceride levels (high triglycerides increase the risk of heart disease).

Orange: Oranges are a good source of folate, an important vitamin for pregnant women that can help prevent neural tube defects in their infants. They also contain a phytochemical which may lower triglyceride and blood cholesterol levels.

Pear: Much of the fibre found in pears is soluble, which can help prevent constipation. Soluble fibre may also help reduce blood cholesterol levels and prevent heart disease.

Watermelon: is 92 per cent water, making it aptly named. It's a great addition to any weight-loss diet because it is low in calories and satisfies the sweet tooth.

Strawberry: Strawberries are rich in several antioxidants that have anti-inflammatory properties, including helping to prevent atherosclerosis (hardened arteries) and to suppress the progression of cancerous tumours.

Tomato: Tomatoes are nature's best source of lycopene, a potent antioxidant that may help reduce cholesterol levels and protect against advanced-stage prostate cancer.