



# HEALTH IS WEALTH

## FRUITS' BENEFITS

FRUITS ARE GREAT-TASTING WAY TO GET VITAMINS, MINERALS AND FIBER AND TO GRATIFY YOUR SWEET TOOTH WITHOUT LOADING UP ON CALORIES. AND EXCEPT FOR A FEW, SUCH AS AVOCADO, COCONUT AND OLIVES, FRUITS ARE VITUALLY FAT FREE. FRUITS CONTAIN PHYTOUCHEMICALS-A GROUP OF COMPUONDS THAT MAY CONDENSE YOUR HAZARD OF CHRONIC DISEASES, SUCH AS HEART DISEASES, DIABETES AND SOME CANCERS. MANY ARE ALSO GOOD SOURCES OF ANTISOXIDANTS-SUBSTANCE THAT SLOW DO CARBIOXIDE, A NATURAL PROCESS THAT LEADEX TO CELL AND TISSNE DAMAGE.

BY HAMMAD ALI KHAN

GRADE 4B

MISS SALMA HAQ

