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Fruits that have amazing health beneficial characteristics by [Amery](#)

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The best way to be physically fit and be healthy is through consumption of fresh and naturally available foods. And the top most valuable and beneficial foods obtained naturally are a wide range of delicious and nutritious fruits. These fruits are not only appealing to the eyes or taste but are packed with loads of essential components that have health beneficial effects.

Avoiding snacks and fat rich processed foods in your free time or during breaks and gorging on these wonderful fruits bestows you with a disease free and happy life. Every fruit has its own set of essential minerals, vitamins, antioxidants and various vital components that are necessary for everyday metabolism and that protects you from delirious health complications.

Fruits with tremendous health advantages

â€¢Apples â€“ The proverb â€“An apple a day keeps the doctor awayâ€™™ still holds true in this disease world. The high antioxidant content in apples prevents the occurrence of undesirable effects of free radicals as well as also plays a role in aging mechanism. Regular consumption of this fruit is found to mitigate the hazard associated with heart ailments by 12% - 13% in women.

â€¢Blueberries â€“ These fruits have a high content of antioxidants, fiber and phytonutrients that have various health beneficial functions. They are found to control your body weight, treat obesity condition, alleviate your risk of intestinal ailments and arterial hardening, and play a role in making your bones strong along with decreasing the risk of hypertension.

â€¢Avocados â€“ They have loads of vitamin K, E and B as well as 75% insoluble fiber and 25% soluble fiber in addition to high levels of potassium. Consuming avocados regularly can lower your cholesterol levels in blood, aid in treating hypertension and diabetes along with ceasing oral cancer and demolishing precancerous cells.

â€¢Almonds - This dry fruit is regarded as a heart loving fruit due to its ability to maintain cholesterol levels within control. It contains more than 90% of unsaturated fats, rich in fiber along with containing vitamin E, magnesium, calcium, riboflavin and iron making it an essential component of a balanced diet.

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The author is an MSc biochemist with a marvelous potential to write various health related as well as in general blogs, press release and articles. He always believed in providing accurate information to the online customers, with his focus on nutritional aspects and everyday life.

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