



FRUIT DISSECTION

EATING FRUIT CAN BOOST YOUR HEALTH AND HELP PREVENT DISEASE.

BUT DID YOU KNOW THAT PEELS ARE PACKED WITH NUTRITIONAL POWER? REAP THE BENEFITS OF FRUIT WITH THESE APPEALING FACTS ABOUT EACH FRUIT PART.

BEFORE YOU TOSS OUT FRUIT PARTS, CONSIDER WHAT RICH PERKS YOU'RE CUTTING AWAY.

■ NO MATTER HOW IT'S SLICED, THE ANATOMY OF EACH PART OF A FRUIT IS A SOURCE OF NUTRITIOUS IMPORTANCE. THEY HELP THE HUMAN BODY STAY FIT, REJUVENATE AND PREVENT SOME DISEASES! TO BOOST YOUR HEALTH FEAST ON MORE FRUIT.

THE EDIBLE & INEDIBLE

COMMON EDIBLE PEELS INCLUDE:

- APPLE
- APRICOT
- BERRIES
- CHERRIES
- GRAPE
- KIWI
- PEACH
- PEAR
- PLUM**

COMMON INEDIBLE PEELS INCLUDE:

- AVOCADO
- BANANA
- GRAPEFRUIT
- LEMON
- LIME
- LYCHEE
- MANGO
- MELON
- ORANGE
- PAPAYA
- PINEAPPLE**

THE SKIN

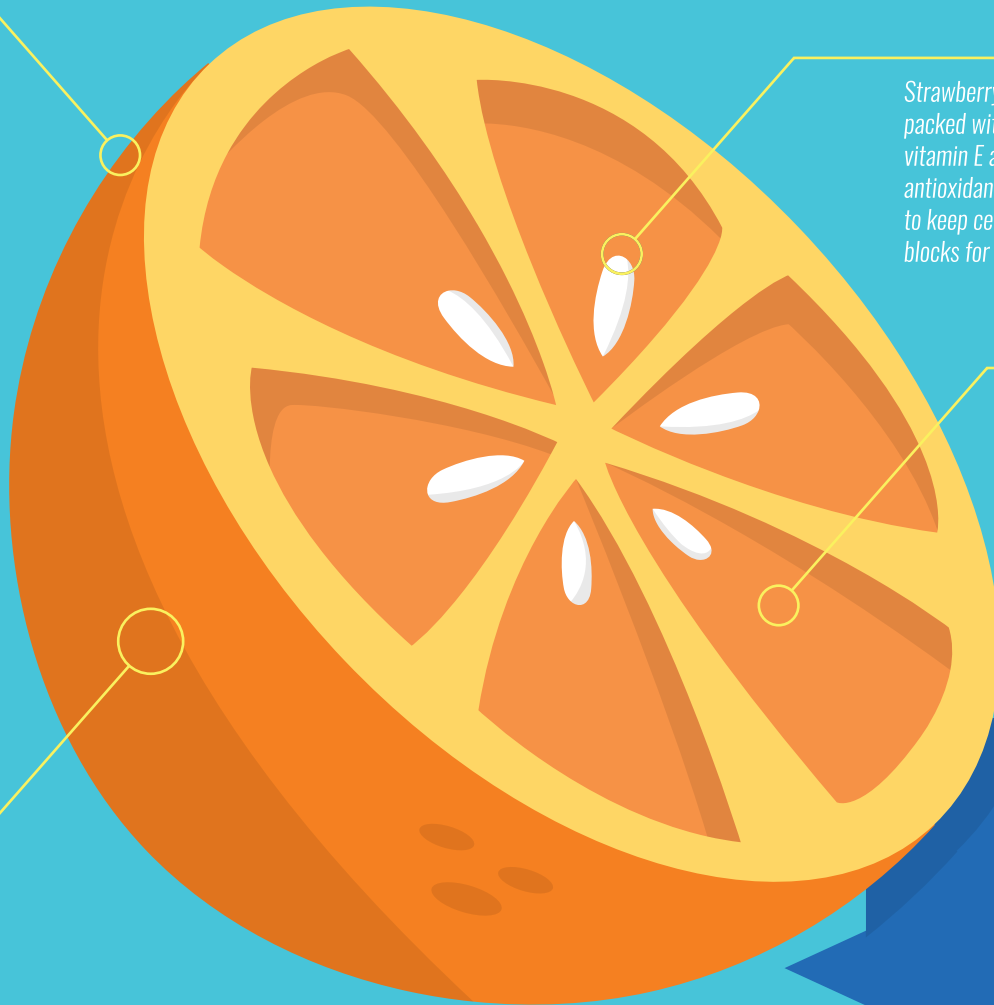
No need to ditch the peel or skin, just bite right in! The skin of a fruit contains a lot of fiber which is essential for your gut health. Fiber can also lower your risk for diabetes and heart disease.*

THE SEEDS

Strawberry, grape and watermelon seeds are packed with nutrients such as additional fiber, vitamin E and even protein! Vitamin E is an antioxidant, and it works together with vitamin C to keep cells healthy. Proteins function as building blocks for bones, muscles, cartilage, skin and blood.*

THE FLESH

The flesh (or the inside) of the fruit also contains many beneficial nutrients! It provides high levels of potassium which helps to control blood pressure, improve cardiovascular health, bone strength and muscle strength. The flesh also contains a nutrient called lutein. Lutein helps protect skin and eye health!



LET'S PERFORM A FRUIT DISSECTION

SMART FIBER CHOICES

The fruit as a whole: To appreciate nature's perfect snack, consider eating the whole fruit to receive many essential nutrients including potassium, fiber, folate and much more!

ORANGE



+3g

APPLE



+5g

BANANA



+3g

PEACH



+2g

AVOCADO



+5g

LIME



+2g

FEMALES AGES 4 - 50 NEED 25-26 GRAMS OF FIBER DAILY

MALES AGES 4 - 50 NEED 25-38 GRAMS OF FIBER DAILY

*<https://www.choosemyplate.gov/fruits-nutrients-health>

**<https://www.healthline.com/nutrition/peeling-fruits-veggies#section6>

<https://www.fda.gov/downloads/Food/LabelingNutrition/UCM169235.pdf>

