

《饮食：这5种水果比你想象中的更有营养》

导读:想要自己变得更加健康，那就常吃这些水果吧！



1. Papaya

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You may not find these fruits growing anywhere near your apple orchards, but this tropical fruit offers a ton of health benefits. MSN discusses how papayas are high in vitamin C, which helps support your immune system, protect against arthritis, and prevent cardiovascular disease. They are also rich in fiber and antioxidants, and this together makes the papaya an effective fighter of cholesterol build-up in the arteries, which again works to prevent heart disease.

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2. Kiwi

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The kiwi, or kiwifruit, is small in size but big in nutritional impact. This little fruit contains plenty of vitamin C to support the immune system and fight heart disease and cancer.

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3. Grapes

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Grapes are high in vitamins A, C, and B6, and they are high in minerals like potassium, calcium, and iron. If you're looking to increase your bone strength, the copper, manganese, and iron in the grapes can help strengthen bones and prevent osteoporosis. In addition to aiding in bone health, grapes are great for the heart, as they help to prevent blood clots and ultimately can help prevent heart attacks.

[illegible]

4. Dragon Fruit

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Dragon fruits are more than **just beautiful** to look at — they are also full of beneficial nutrients. Mercola describes dragon fruits as having a number of benefits such as high vitamin C content, multiple B vitamins, protein, carotene, and fatty acids. This fruit also contains calcium to support bones and teeth.

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5. Blackberries

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It's no secret that berries are good for you. They are high in vitamin K, C, A, and B vitamins as well as calcium, iron, magnesium, and potassium. Blackberries are great for supporting the health of the heart, skin, and bones.

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