

DID YOU KNOW ?
**RED-COLOURED
FRUITS KEEP YOUR
HEART STRONG**



SWIPE ►

Red-Coloured foods like watermelon, strawberries, cherries, raspberries, apples are jam-packed with important nutrients that play a central role in heart health.

They offer many health benefits because they have some of the following nutrients like lycopene, ellagic acid, quercetin, hesperidin, fiber, vitamin A and vitamin C.

Few examples are as follows

FRUITS	NUTRIENTS
TOMATO	Vit A &C, lycopene
STRAWBERRY	Vit C, Fiber, Potassium
WATERMELON	Vit A, B5 &C, Potassium
POMEGRANATE	Vit C, Fiber, Potassium
CHERRIES	Vit C, Potassium

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