

South Central's Health on Blast

10 Summer Fruits And Vegetables

Summer is here, and that means we can finally enjoy a rainbow of fruits and vegetables in their natural state.

Eating fresh fruits and vegetables is the best way to get vitamins and minerals.

Apricots- They are the perfect taste amazing with some almond butter. Plus the beta-carotene and vitamin A make them even better

Blackberries- The perfect source for manganese and rich in antioxidants, vitamin C and fiber.

Blueberries- They slow the aging process and they can even reduce the decline suffered by Alzheimer's patients. They are considered a super-food.

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Mangoes- They have a lot of vitamin-C, folate and fiber.

Peaches- A great way to cut a sweet craving and not feel guilty afterwards.

Raspberries- They contain Folic acid, antioxidants and vitamin-C

Watermelons- It's filling (lots of water), it's sweet, it's a valuable source of vitamin C and lycopene (which helps prevent cancer)

Avocados- Boosts levels of HDL (good cholesterol), contains protein that is absorbed better by the body than protein in meat.

Zucchini- An awesome way to intake of Riboflavin and vitamin B6. The best way is to grill it.

Radishes- They are loaded with vitamin-C and folate

One-a-day eat your heart out!