

Dd

Dried Fruits:

- Dried fruits are a highly nutritious alternative to refined sugar. While fruit itself has naturally occurring sugar, many dried fruits have sugar added so be sure and read the ingredients.
- Raisins are cholesterol free, low in sodium, high in fiber, and fat free.
- Apricots are rich in Vit. E, potassium, good for eyes, skin and immune system.
- Dates are rich in vitamins, minerals and protein.
- Blueberries promote mental health & high in antioxidants.
- Gogi berries are a super-food that provides a quick immune boost, contains iron, Vit. A and C, reduce anxiety and depression and improve memory.
- Cranberries are good for the heart and blood flow.
- Mangoes have Omega 3 and are good for the skin.
- Helps the healthy bacteria to keep digestion going and has 3.5 times more fiber than fruit.
- Dried fruits can fill a stomach for hours and helps keep cravings at bay.

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