

HEALTH BENEFITS FRUIT & YOGURT

FRUIT

- Low in saturated fat, cholesterol and sodium.
- High in vitamin A, manganese, dietary fiber, vitamin C and copper.
- It is ideal for maintaining optimum health and weight loss.

YOGURT

- Most brands contain good-for-you bacteria (Probiotics)
- It is loaded with vitamins. One serving is a significant source of potassium, phosphorous, riboflavin, iodine, zinc, and vitamin B5.
- Helps keep colds away.
- It is a high protein food.
- It may prevent high blood pressure. (The potassium in yogurt may help flush some of the excess sodium out of your body)
- Not all yogurt is equal when it comes to calcium and vitamin D. (Make sure you check the labels for the best one).

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