



Corporate Bodies International

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Welcome to your
Corporate Bodies
International Fortnightly
Health Email

Fortnightly Challenge

Try a variety of brightly
coloured fruit .



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Bodies
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This fortnight's healthy topic...

Keep Your Flu-Fighting Fruit Up!



Like most people, does your fruit intake diminish in the cooler winter months?

Taking advantage of packaged and pre-prepared fruit is a great way to ensure you are achieving 2 serves per day. The question that's asked is how much 'goodness' is left in the fruit once it has been processed?

New research out of an international study has shown chilled, ready-to-eat, fresh-cut fruit is still loaded with vitamin C and other antioxidants.

We know that vitamin C and antioxidants are immune-boosters, helping to ward off unwelcome winter bugs.

Tests revealed only very small losses of antioxidant compounds in cut fruit compared to fruit left whole after 9 days in the refrigerator.

It seems the colder you keep your fruit, the longer it keeps hold of its nutrients. Interestingly, the amount of carotenoids (an antioxidant) in mango and watermelon, increased when exposed to light after being cut.

This is great news! It means that you can pre-chop your fruit or, for those time-poor people out there, purchase packaged fruit.

This will help to ensure you keep snacking on nature's own flu-fighting wonders – **fruit!**

Here's to demystifying another health topic!

Yours in Health, **The Corporate Bodies Team.**

Please visit our website www.corporatebodies.com.au or contact us on Ph: 1300 21 31 41.

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