

Eat Fruit to Stay Youthful-looking and Healthy

If you want to slow down the aging process and prevent age-related diseases, then it's important to include fruit in your diet. A simple and economical way to do this is by adding dried fruits. Although more caloric, such fruits offer more of a concentration of antioxidants, or the chemicals in the food that fight off the free radicals that cause one to age. The aging process can affect one in a variety of ways. Primarily, though, it hinders one's ability to resist illness. However, when you eat fruit that is rich in antioxidants, these risks are happily reduced.

The Pièce de Resistance for Any Meal: Dried Fruit

So, which fruits contain a significant amount of antioxidants? Berries, peaches, pears, watermelons, apples, cherries, plums, tomatoes and apricots are all good choices if you want to receive the advantages of antioxidants. You can add these foods to your daily diet by eating them fresh or dried. Eating dried fruits is a novel approach and one that is practical too. Although dried fruits have twice the calories of fresh fruits, they also have a more concentrated amount of nutrients. Therefore, you obtain maximum benefits with respect to antioxidation. Include dried fruits in your breakfast cereal, such as peaches or apricots. Or sprinkle them on green salads or fruit salads.

The Reason Fruits Keep you Young: Phytochemicals

Most of the fuel you'll receive from fruit comes from the carbohydrate content as they supply only a small amount of protein, in most cases, in association with their weight and only a trace of fat. Therefore, they are an excellent source of energy and supply the *phytochemicals* we need to be healthy and well all of our daily lives. Most of these phytochemicals contain antioxidant properties and safeguard cells against disease, especially cancer. The phytochemicals in fruits are typically called carotenoids, flavonoids or polyphenols. Some phytochemicals, such as those found in cranberries, contain *proanthocyanidins*

, which prevent disease-carrying pathogens from adhering to cell walls, thereby helping people stay healthy well into old age. However, most, if not all, fruits have this ability.

Refrain from Choosing Foods from the Vending Machine

Obviously, with such properties, phytochemicals are essential compounds in human health. The best way to obtain the benefits these nutrients supply is by adding fruits to our daily diet. Phytochemicals are not found in refined or processed foods, so we need to make sure that we eat natural foods, like fruits and vegetables versus foods, such as cookies, chips, or any sustenance containing artificial ingredients.

Got Fruit?

Therefore, eat more fruit, especially the aforementioned fruits, such as berries, apples, peaches, watermelon, cherries, plums, tomatoes and apricots. Any fruits or vegetables, though, will provide you with the nutrition that will result in better health and more energy.

The Secret to Looking and Feeling Younger

It's therefore important to constantly nourish the body with foods that contain antioxidants. Well-known nutrients that are also considered antioxidants include vitamins C and E, beta-carotene and lycopene. Stay young and feeling your best. Include fruits in your daily eating plan.

**Fruitrade can provide a plentiful supply of antioxidants in your diet as they offer dried fruits such as black sour plums, apricots, nectarines, peaches, a selection of cherries and sun-dried tomatoes for healthy eating.*