

“WHEN PROJECT”

Weekly Health Education

1 Corinthians 10:31

July is Stone Fruit Month



Stone fruits are named after the large “stone” in their centers. This stone is also known as a pit! Stone fruits include Peaches, Nectarines, Plums, Prunes, Cherries, Apricots, Mangoes, Olives, Coconuts & Dates.

Health Benefits

Stone fruits are delicious, nutritious and bursting with health benefits. Here are a few of the top reasons you should consider squeezing a few servings of stone fruit into your diet.

1. High in Antioxidants

Stone fruits are high-antioxidant foods, which are important compounds that can help fight free radicals to protect against cell damage and disease. In fact, studies show that antioxidants may play a central role in the development of chronic conditions, such as heart disease, cancer and diabetes.

2. Promote Digestive Health

Stone fruits are loaded with fiber, an essential nutrient that is involved in several aspects of health. Fiber moves through the intestinal tract undigested, slowing the emptying of the stomach and adding bulk to the stool to support regularity.

In addition to promoting better blood sugar control, lowering blood pressure and keeping cholesterol levels in check, research shows that upping your intake of fiber may also help protect against several digestive issues, including acid reflux, hemorrhoids, constipation and diverticulitis.

3. Strengthen Bones

Most types of stone fruit are high vitamin K foods, a fat-soluble vitamin that is most well-known for its role in blood clotting. However, vitamin K is also essential for bone health and can help prevent serious issues, like fractures, bone loss and osteoporosis.

4. Support Immune Function

Adding a few servings of stone fruit to your daily diet is a great way to ensure that you get enough vitamin C in your diet. Vitamin C is a water-soluble micronutrient that doubles as an antioxidant, blocking the buildup of harmful free radicals that contribute to disease.

Not only that, but vitamin C is especially important when it comes to immune function. According to one study, getting adequate amounts of vitamin C in your diet could potentially help reduce symptoms and decrease the duration of respiratory infections like the common cold.

5. Boost Weight Loss

Stone fruits are low in calories yet high in fiber, making them an awesome addition to a well-rounded weight loss diet. Because it moves through the body slowly, increasing your intake of fiber can help keep you feeling full between meals to fight cravings and enhance weight loss.

6. Improve Vision

Boasting a wide array of antioxidants and polyphenols, enjoying a few servings of stone fruit each day may help maintain eye vision and protect against disease. In particular, studies show that stone fruit could aid in the prevention of age-related macular degeneration, a disease that affects nearly 9 percent of the global population and is considered one of the leading causes of blindness among older adults.

Finally, keep in mind that some types of fruit may be relatively high in sugar and carbohydrates, including dried fruits like prunes. While these fruits are fine when consumed in moderation, eating large amounts in a short period can increase blood sugar levels, especially for those with diabetes.

Be sure to keep your intake in check and enjoy as part of a well-rounded diet to maximize the potential health benefits.

