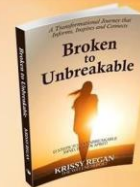




# The Wellness Poet

Krissy Regan  
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## What is in my Bullet?

Kiwi	Kiwi fruit is a good source of vitamin C, antioxidants, and fiber. Antioxidants — including vitamin C, choline, lutein, and zeaxanthin — help remove free radicals from the body. Free radicals are unstable molecules that the body produces during metabolism and other processes. If too many free radicals build up, they can cause oxidative stress, which can result in cell damage. This damage may lead to issues such as heart disease or cancer. Antioxidants can help protect the body by removing free radicals.
Lime	Limes are a good source of magnesium and potassium, which promote heart health. Potassium can naturally lower blood pressure and improve blood circulation, which reduces your risk of a heart attack and stroke. Research is ongoing on lime compounds called limonins that may be able to reduce cholesterol levels.
Orange	Oranges may help lower the risk of stroke, support the heart and skin, and aid diabetes management. Citrus phytochemicals help support the body and protect us from conditions such as heart disease and cancer – they're also thought to have some anti-inflammatory, antiviral and antimicrobial benefits. Oranges are also a good source of fibre, B vitamins, vitamin A, calcium and potassium.
Watermelon	<p>Interesting Facts About Watermelon:  Health Benefits of Watermelon:</p> <ol style="list-style-type: none"> <li>1. Keeps You Hydrated:</li> <li>2. Prevents Diabetes:</li> <li>3. Aids in Weight Loss:</li> <li>4. Prevents Cardiovascular Disease:</li> <li>5. Decreases Severity of Asthma:</li> <li>6. Reduces Dental Problems:</li> <li>7. Fights Inflammation:</li> <li>8. Good for Nerve Function:</li> <li>9. Prevents Heat Strokes:</li> <li>10. Good for Kidneys:</li> <li>11. Prevents Cancer</li> </ol>
Paw Paw	<p>The possible health benefits of consuming papaya include a reduced risk of heart disease, diabetes, cancer, aiding in digestion, improving blood glucose control in people with diabetes, lowering blood pressure, and improving wound healing.</p> <p>The risk of developing asthma is lower in people who consume a high amount of certain nutrients. One of these nutrients is beta-carotene, contained in foods like papaya, apricots, broccoli, cantaloupe, pumpkin, and carrots.</p>
Dragon Fruit	<p>The dietary fiber in dragon fruit also can help promote healthy digestion and gut health.</p> <p>The fiber in dragon fruit can also help people with type 2 diabetes stay fuller for longer and lose weight, helping normalize blood sugar levels. If you deal with chronic pain from conditions such as rheumatoid arthritis, eating dragon fruit might provide relief from inflammation and tenderness. The fruit has anti-inflammatory properties that can function as a natural painkiller for these symptoms.</p>
Pineapple	Pineapples are tropical fruits that are rich in vitamins, enzymes and antioxidants. They may help boost the immune system, build strong bones and aid indigestion. And, despite their sweetness, pineapples are low in calories.



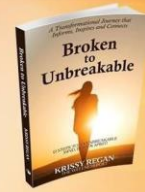
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Mango	A 2014 study from Japan found that carotenoid-containing fruits and vegetables such as mangoes may reduce the risk of colon cancer. Also, the Skin Cancer Foundation suggest that a diet high in beta-carotene content can help protect against skin cancer. Orange fruits and vegetables, such as mangoes, contain beta-carotene.																																	
Cucumber	Cucumbers are good sources of phytonutrients (plant chemicals that have protective or disease preventive properties) such flavonoids, lignans and triterpenes, which have antioxidant, anti-inflammatory and anti-cancer benefits, according to World's Healthiest Foods. The peel and seeds are the most nutrient-dense parts of the cucumber. They contain fiber and beta-carotene. "Beta carotene is an antioxidant that helps with immunity, skin, eye and the prevention of cancer.																																	
Kale	Kale is among The Most Nutrient-Dense Foods on The Planet. Vitamin A (important for eye and bone health and a strong immune system), vitamin C (aids in cold and chronic disease prevention), and vitamin K (good for blood clotting and bone building)  Folate, a B vitamin that's key for brain development.  Alpha-linolenic acid, an omega-3 fatty acid.																																	
Coconut Water	Coconut water is composed of many naturally occurring bioactive enzymes such as acid phosphatase, catalase, dehydrogenase, diastase, peroxidase, RNA-polymerases, etc. In effect, these enzymes help in the digestion and metabolism. Despite being very light in consistency, its water proportionately has better composition of minerals like calcium, iron, manganese, magnesium, and zinc than some of the fruit juices like oranges																																	
Almond Milk	<table border="1" data-bbox="571 1205 1273 1568"> <thead> <tr> <th></th> <th>Almond milk</th> <th>Cow's milk</th> </tr> </thead> <tbody> <tr> <td>Calories</td> <td>39.3</td> <td>102</td> </tr> <tr> <td>Protein</td> <td>1.05 g</td> <td>8.22 g</td> </tr> <tr> <td>Fat</td> <td>2.52 g</td> <td>2.37 g</td> </tr> <tr> <td>Carbohydrates</td> <td>3.43 g</td> <td>12.2 g</td> </tr> <tr> <td>Vitamin E</td> <td>over 100% DV</td> <td>0% DV</td> </tr> <tr> <td>Calcium</td> <td>37% DV</td> <td>23% DV</td> </tr> <tr> <td>Potassium</td> <td>4% DV</td> <td>8% DV</td> </tr> <tr> <td>Magnesium</td> <td>4% DV</td> <td>6% DV</td> </tr> <tr> <td>Riboflavin</td> <td>2% DV</td> <td>35% DV</td> </tr> <tr> <td>Phosphorus</td> <td>2% DV</td> <td>19% DV</td> </tr> </tbody> </table>		Almond milk	Cow's milk	Calories	39.3	102	Protein	1.05 g	8.22 g	Fat	2.52 g	2.37 g	Carbohydrates	3.43 g	12.2 g	Vitamin E	over 100% DV	0% DV	Calcium	37% DV	23% DV	Potassium	4% DV	8% DV	Magnesium	4% DV	6% DV	Riboflavin	2% DV	35% DV	Phosphorus	2% DV	19% DV
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Passion Fruit	Passion fruit is a beneficial fruit with a healthful nutrition profile. It contains high levels of vitamin A, which is important for skin, vision, and the immune system, and vitamin C, which is an important antioxidant. Passion fruit pulp contains a lot of dietary fiber. Fiber is a crucial component of every diet. It helps regulate the digestive system and keep the gut healthy, preventing constipation and bowel disorders. Eating passion fruit regularly may help to prevent constipation and improve digestion and overall health.																																	



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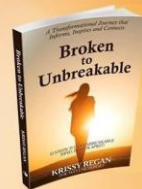


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Blueberries	Packed with antioxidants and phytoflavonoids, these berries are also high in potassium and vitamin C, making them the top choice of doctors and nutritionists. Not only can they lower your risk of heart disease and cancer, they are also anti-inflammatory.
Strawberries	These potent little packages protect your heart, increase HDL (good) cholesterol, lower your blood pressure, and guard against cancer. Packed with vitamins, fiber, and particularly high levels of antioxidants known as polyphenols, strawberries are a sodium-free, fat-free, cholesterol-free, low-calorie food.
Raspberries	One cup of raspberries provides over 50% of the minimum daily target for vitamin C, which supports immunity and skin health and helps produce collagen. Raspberries also contain manganese and vitamin K, which both play a role in bone health. And they supply smaller amounts of vitamin E, B vitamins, magnesium, copper, iron, and potassium.



#WellnessWednesday



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