



Apricots

Health Benefits of Apricots

These small stone fruit are sweet, delicious and healthy. Often found fresh, dried or canned, apricots are rich in nutrition.

2 fresh or 2 dried halves of apricots provides:

- 34 Calories, 1 gm protein, 2 gm fiber, no fat, no cholesterol

Potential benefits of consuming rye:

- Rich in beta-carotene, converted to vitamin A to prevent blindness and support a healthy immune system
- One of the best sources of potassium for nerve transmission, muscle function, including the heart, and lowering blood pressure
- Provides antioxidants vitamins C and E, and polyphenols that neutralize damaging free radicals and inflammation associated with aging and disease
- Quercetin in apricots may provide protection from dementia
- Also contain small amounts of calcium, magnesium and iron
- Dried apricot halves may be packaged with added sugars and sulfur dioxide to preserve color which can cause allergic reactions

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