

## Benefits of eating fresh fruits daily

Fresh fruits are very healthy, here we tell you the main benefits that the consumption of fresh fruits will bring you on a regular basis.

### **Fresh fruits provide a large amount of vitamins:**

They provide a large amount of vitamins that your body needs to perform its functions. Among these vitamins, we highlight vitamin C, which, among other things, helps to increase your defenses and promote skin healing, or vitamin A, which helps keep your bones, teeth and vision healthy.



[Fresh fruits](#) provide a large amount of minerals necessary for your body: They are a good source of minerals, as is the case with vitamins, and these are essential and fundamental nutrients for your body. Among others, we can find iron, potassium, magnesium, zinc.

### **Fresh fruits are a great source of antioxidants:**

They are one of the best sources of antioxidants that nature can provide, so they will help you fight free radicals that are responsible for cell aging and cause some diseases. For this reason, regular consumption of fruit can help prevent many diseases, including cancer.

### **Fresh fruits contain a lot of fiber:**

This is another of the main benefits of eating fruit, its high fiber content, in some cases in the skin itself. Thanks to it, it will help you regulate your intestinal transit, avoiding problems such as constipation or the appearance of hemorrhoids, and also to maintain adequate cholesterol levels.

### **Fresh fruits help prevent fluid retention:**

In addition to providing fluid to your body, since most fruits are made up of water, they are excellent diuretics that will help you prevent fluid retention.

### **Fresh fruits favor your cardiovascular health:**

They are rich in fiber, water, and antioxidants, making them ideal foods for your cardiovascular system. They help reduce high levels of total cholesterol, lowering bad cholesterol and increasing good cholesterol. In addition, they are great for reducing blood pressure when it is at high levels, so they help in a very positive way to improve blood circulation.

### **Fresh fruits help you maintain your ideal weight**

Fruit is a low-calorie food that contains practically no fat, making it ideal for satisfying your appetite without eating hardly any calories.

They are also great and recommended in diets to control weight and in slimming diets.

### **Fresh fruits are ideal for purifying our body**

Thanks to its richness in water, fiber and natural antioxidants, fresh fruit is a great ally to purify your body. Helps eliminate toxins and waste that your body does not need.

### **Fresh fruits help prevent diseases**

When you eat fresh fruit daily, you provide your body with essential nutrients that help strengthen your immune system, so it will be useful to prevent some diseases.

Vitamin C helps prevent colds and flu, as well as reducing periods of infection and relieving symptoms, while vitamin E is useful in preventing certain cardiovascular diseases and even some types of cancer.