

FRUIT OF THE WEEK

(In our fruit bowl- Try It)



Greengage Plums

Energy	46 kcal
Carbohydrates	11.4 g
Sugars	9.9 g
Dietary fiber	1.4 g
Fat	0.28 g
Protein	0.70 g
Vitamin A	345 IU
Vitamin C	9.5 mg
Phosphorus	16 mg
Potassium	157 mg

HEALTH BENEFITS

Rich in potassium which helps in regulating the blood pressure and keeps hypertension. These plums are rich in various organic acids, flavonoids, phenolic acids and antioxidant compounds enabling them to improve body metabolism. They can alleviate fatigue and also have detoxifying properties.