

# FRUIT OF THE WEEK

## (In our fruit bowl- Try It)



### Sharon Fruit Persimmon

	NUTRIENT VALUE	PERCENTAGE OF RDA
<b>Energy</b>	<b>70 Kcal</b>	<b>3.50%</b>
Carbohydrates	18.59 g	14%
Protein	0.58 g	1%
TotalFat	0.19g	1%
Cholesterol	0 g	0%
Dietary Fiber	3.6 g	9.50%
<b>Vitamins</b>		
Choline	7.6 mg	1.50%
Folates	8 µg	2%
Niacin	0.100 mg	1%
Pyridoxine	0.100 mg	7.50%
Riboflavin	0.020 mg	1.50%
Thiamin	0.030 mg	2.50%
Vitamin C	7.5 mg	12.50%
Vitamin A	81 IU	3%
Vitamin E	0.73 mg	5%
Vitamin K	2.6 µg	2%

### Nutritional Benefits of Sharon Fruit

Health benefiting flavonoid polyphenolic antioxidants such as catechins and gallic acid in addition to having an important anti-tumor compound, betulinic acid. Catechins found to have anti-infective, anti-inflammatory and anti-hemorrhagic (prevents bleeding from small blood vessels) properties.

Vitamin-A,  $\beta$ -carotene, lycopene, lutein, zeaxanthin and cryptoxanthin. Together, these compounds work as protective scavengers against oxygen-derived free radicals and reactive oxygen species (ROS) that play a role in aging and various disease processes.

Valuable B-complex vitamins such as folic acid, pyridoxine (vitamin B-6), thiamin, etc. These vitamins act as co-factors for numerous metabolic enzymatic functions in the body.

Copper is a co-factor for many vital enzymes, including cytochrome c-oxidase and superoxide dismutase (other minerals function as cofactors for this enzyme are manganese and zinc).