

APRIL

# NUTS, BERRIES & SEEDS

Nuts and seeds are fatty foods, which are typically the best sources of vitamin E, an immune enhancing antioxidant and nerve protector.

They contain the largest quantity of fat of all unprocessed foods but much of it is in the form of essential fatty acids.

Vitamins, minerals, amino acids, carbohydrates, and others are just a part of their remarkable properties.

Berries- All berries are a vital source of vitamin C; which acts as an antioxidant, strengthens the immune system and is important in the healing of bones and wounds.

Strawberries, raspberries and blueberries contain phytonutrients that may help in the fight against heart disease and some cancers.

