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researchers discovered that eating 400 grams of fruits and vegetables each day could help prevent chronic illnesses like cancer heart disease stroke and dementia they translated that into five servings a day which became the predominant public health message for decades myth 1 always eat fruit on an empty stomach this is one of the most prevalent myths regarding when to eat fruit the myth claims that eating fruit with meals slows digestion and causes a diet rich in vegetables and fruits can lower blood pressure reduce the risk of heart disease and stroke prevent some types of cancer lower risk of eye and digestive problems and have a positive effect upon blood sugar which can help keep appetite in check fruit and vegetable servings fruit and serving size apple 1 fruit apricots 1 fresh 1 2 cup canned or 5 dried avocado 1 2 fruit or 1 2 cup banana 1 fruit blueberries 1 2 cup fresh frozen or canned cantaloupe 1 4 melon grapefruit 1 2 fruit grapes 1 2 cup orange 1 peaches or plums 1 fresh or 1 2 cup canned pear 1 fruit the key is to eat fruits of various colors as each color provides a different set of healthy nutrients here are the top 20 healthiest fruits to enjoy on a regular basis top 12 healthful fruits lemons strawberries oranges limes grapefruit blackberries apples pomegranate pineapple bananas avocado blueberries summary eating a range of fruits provides the body

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