

About the author



From the Desk of Paul Webb

Paul Webb has been in the Health and Fitness business for over thirty years. He has been actively serving his customers on-line since 1995. Paul has several websites dedicated to Health and Fitness.

When Paul is not busy creating new products on health and fitness he is spending time with his wife Linda helping raise his six year old great-great-niece.

Some of Paul's sites are:

- <http://www.seniorshealthinfo.com>
- [Healthy Aging For You](#)
- [Try My Recipes](#)
- [The Treadmill Report](#)
- [Healthy And Fit](#)
- [Golf Tips](#)

The Treadmill Repair Report alone, has helped thousands of people repair their treadmills.

Some of his other products are:

- [5 Tips On Being Healthy and Fit](#)
- [Lower Blood Sugar](#)
- [Lose Your love-handles](#)
- [Boost Your Metabolism](#)
- [Quit Smoking](#)
- [I'm Too Busy To Exercise](#)

You have always heard that fruit is good for you, but did you know how good?

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THE AMAZING WORLD OF FRUIT - PART ONE
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Welcome to the world of fruit. There are literally thousands of different types. The best fruit from all over the world is available in our grocery stores. Supermarkets have become a display of international colors and flavors.

We would like to equip you with information on individual fruits, their unique nutritional value and how to choose them at their peak of tastiness.

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APPLES.
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There are more than 1,400 different types of apples. The most popular are Delicious (which is easy to digest), Golden Delicious, MacIntosh, Pippin, Granny Smith and Rome Beauties.

All of these types are wonderful for making juice no matter what time of year it is. Apples are high in pectin which turns to a gel in the intestine, helping to remove toxins and stimulating bowel activity. Potassium and phosphorous help flush the kidneys and calm the stomach. Apples have a natural sugar that develop acids which encourage saliva-flow and digestion.

If at all possible, try to eat wax-free apples. Wax increases shelf life but toughens the skin and tastes unpleasant.

Apples should be crisp and firm. Soft, mushy apples do not juice well. Always store apples loosely in the refrigerator which will increase shelf life six-fold. In a refrigerator, less tardy apples can store up to 2 months.

Apple juice is a powerful cleanser and a general tonic for the entire system. They have an abundance of vitamins A and C. The juice is strong-tasting and may be diluted with water or mixed with other fruit or vegetable juices such as carrots, cucumbers or melons.

APPLE CIDER VINEGAR.

It contributes to healthy veins, blood vessels and arteries. Apple cider vinegar has extraordinary potassium content and beneficial malic acid. When purchasing cider vinegar, it should have a fuzzy sediment (mother), on the bottom, proving that the vinegar is still in the live fermentation stage.

Cider vinegar is used in salad dressings and to spice up veggie juice mixtures. A tablespoon of cider vinegar and honey in hot water is a tasty health drink.

APRICOTS.

Excellent for potassium and magnesium which supplies stamina. Also a good source of iron. Only cantaloupes can rival apricots for the amount of beta carotene. Apricots should be fairly firm, but not rock hard. Coloration should be orange with a brush of pink revealing the sweet flesh below.

They will store for two to three days at room temperature and slightly longer in the refrigerator. Always remove pit before juicing.

AVOCADOS.

The avocado, or alligator pear, is a common evergreen found in Mexico and Central and South America. There are over 400 varieties. The Mexican variety is grown in the San Joaquin Valley of California, the Guatemalan in Southern California and the West Indian in Florida. Pear-shaped or oval fruit are borne 2 to 3 years after planting.

Avocados are the highest in producing fruit oil, consisting of almost 30% oil. Filled with enzymes, avocado is a source of fat that is easy to digest. Because of its ability to easily combine with starches, it makes a great dip for raw vegetables.

Blended with fruit, it produces a highly-nutritious baby food. We consider this precious fruit so important that we have given it its own section amongst the fruit recipes.

Purchasing perfect avocados can take some practice; it is a delicate fruit. Avocados can go from being perfectly ripe to over-ripe in a matter of a day. This will result in the oil becoming rancid and mushy, discoloring to an unsightly brown. So we suggest that you buy them unripe and allow them to ripen on the counter. Unripe avocados will be dark green and hard. As they begin to ripen, they turn a dark greenish brown and become slightly soft to thumb pressure.

The inner flesh of a ripened avocado will be a gorgeous lime green without any brown spots. The easiest way to remove the flesh is to cut the fruit in half, lengthwise, and twist open. The pit will remain in one side. Remove by imbedding knife into the pit and twisting.

BANANAS.

Bananas are filled with potassium which contribute to strong heart and muscles. In the class of soft fruits, they are the second-highest in mineral content only to be rivaled by strawberries.

They are almost impossible to juice, but are versatile in making rich banana shakes, ice cream or smoothies.

A TIP:

It is easy to buy too many bananas because they are so cheap and ripen quickly. Take the excess bananas, peel and seal in freezer bags, storing them in the freezer. Frozen bananas can be sliced over salads or blended with fresh fruit.

Have some fun and experiment.

Dehydrated banana slices are like chewy candy for the kids. Bananas are always picked green from the plantation for easier transportation. Try to buy bananas green, which will ensure that they have not been gassed in transit. Do not eat them unripe because they are difficult to digest. Bananas will ripen at room temperature in two to three days. To maximize the nutritional value within a banana, allow them to ripen with an apple in a paper bag.

The apple in the bag will create ethylene, a natural gas produced by fruit specifically for ripening. The chemical reaction between the gasses being formed allows the banana to produce a high amount of potassium similar to bananas that have ripened on the tree.

CANTALOUPE.

Cantaloupes are considered the most nutritious of all fruit. The Center for Science in Public Interest compiled a list of fruits by their nutritional value. Cantaloupes came in first place, followed closely by watermelon, which were just in front of oranges. Next came strawberries, grapefruit, pineapples, tangerines and peaches. Sauntering in last place came the lowly plum.

Cantaloupes are packed with vitamins A and C. Per pound, this fruit has 15,000 I.U. of vitamin A and three times the vitamin C content of apples. It also contains myoinositol, a lipid which helps with anxiety, insomnia and in battling hardening of the arteries.

Cantaloupes contain the greatest amount of digestive enzymes.

Melons are recommended by the American Cancer Society as powerful agents in the fight against intestinal cancer and the all-too-common skin cancer, melanoma. One average-sized cantaloupe contains approximately 100 calories, yet is dense in nutrients. This makes melons a perfect food for weightloss. Delicious, filling and low in calories.

If you do not have the luxury of living near Tom's place (co-author of God's Banquet Table), melons should be purchased firm, sweet-smelling with a soft navel.

During the summer, cantaloupes are cheap. To check for ripeness press firmly against the fruit with your thumb. They should give a little but not be soft.

Melons can look decrepit, but produce excellent juice. A major part of the cantaloupe's nutritional value is in the rind. Therefore, scrub the skin well with water and an organic cleaner. Slice and juice, seeds and all. When juice-fasting, melons are the most convenient source for large volumes of cheap nutritious, delicious, refreshing, colorful, revitalizing, energizing juice.

CHERRIES.

They are God's candies with enzymes, vitamins and minerals. Once the pits are removed, cherries make a brain-numbing juice, fit for angels. The darker the cherries the higher in nutrition. Unfortunately, they have only a short season, available in early summer. The best cherries for juicing are Bings or Royal Anns.

Cherries will not continue to ripen after picked. Look for heavy, firm cherries with a shiny skin and fresh stem. They will store in the refrigerator for two to three days. Cherry juice sweetened with honey makes awesome Popsicles.

CRANBERRIES.

Fresh cranberry juice is a powerful healing tonic filled with quinine which changes to hippuric acid in the liver. Hippuric acid is able to assist in the removal of purines, uric acid, urea and toxic build-up in the prostate, testicles, kidneys and bladder.

An excellent preventative juice for North American men who are battling the increased risk of prostate cancer. It is a wonderful defense against yeast infections for women.

Cranberries are a complex little fruit, being tested by scientists for their abilities in virus-fighting. Many people find that the juice can overcome flu symptoms overnight. If you are susceptible to colds, fill up on your cranberry juice in the winter time.

Cranberries are native to America and are cultivated in what is referred to as Cranberry Bogs which are found in the Northwest and Great Lake States.

The juice of cranberries is very bitter, so it is advisable to combine it with a sweeter juice such as apple or grape, a delicious combination. You can buy cranberries all year round. Look for bright color and plumpness. They are one of the few fruits that freeze well.

GRAPEFRUIT.

With five times the vitamin C content of oranges, this juice is a powerful cleanser. The tastiest grapefruit is grown in Texas and Florida. Pink is sweeter and less acidic than white. Many people can tolerate grapefruit more easily than oranges. Juice some of the white pith for valuable bioflavonoids. Grapefruits can be prepared in a hand citrus juicer quickly. All citrus juices should be drunk immediately because of the fragility of vitamin C.

Look for smooth round heavy fruit with a sweet smell. Grapefruits should be slightly spongy and flat at both ends.

All citrus fruits should be bought in the ripened state because the ripening process ends when they are picked. Store loosely in refrigerator.

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THE AMAZING WORLD OF FRUIT - PART TWO
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HONEYDEWS

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Just like their name, when ripe, honeydews have a light green, juicy flesh with a sweet flavor. It is a good source of vitamins A and C, potassium and zinc and excellent in digestive enzymes.

Juicing tips: To juice, wash skin and juice with seeds. Look for melons that have a creamy, yellow navel and are slightly soft when pressed by the thumb. Rock-hard melons will not be sweet and will take a long time ripening. They should also have a pleasant honey aroma. Will store well at room temperature or in the refrigerator.

Honeydews are favored for juice fasting because they are so tasty.

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KIWIS

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The kiwi fruit was invented in New Zealand from the Chinese gooseberry. So tickled were the New Zealand farmers, that they named it after their national bird, the kiwi. Today kiwis are cultivated in California and New Zealand. This allows us to have fresh kiwis all year round.

The small fruit is about the size of a golf ball and is round and fuzzy on the outside and bright green with edible black seeds. Cut fruit into wedges and juice. This will produce a thick delicious juice that combines very well with grape or any fruit of your choice. Kiwis should be firm, only giving slightly when pressed. They will store well for a week in the refrigerator.

LEMONS

Lemons are the king of citrus fruit. Because of their high source of bioflavonoids, they are powerful in detoxifying the body. They are also an excellent diuretic. Lemon juice is an excellent addition to guacamole, salad dressings, sauces, and is a preservative, keeping the guacamole from discoloring into an unsightly brown. Skin should be smooth with no green spots which is a sign of a high acid content. Store loosely in refrigerator.

Juicing tips: During fasting, lemon juice has a tremendous ability to dissolve mucus and scour toxins from the cellular tissue. When juicing lemons, leave some of the inner white peel for the bioflavonoids. Dilute five to one with water. One of the most refreshing drinks on a hot summer day is chilled mineral water with a splash of freshly-squeezed lemon juice. Lemon is excellent in fruit salads, inhibiting the discoloration of fresh fruit exposed to the air.

Juicing a lemon before juicing apples keeps the juice clear and pleasantly colored. An excellent addition to vegetable juices. Acts as a delicious lift to the heavy flavor commonly associated with vegetable juice.

LIMES

Similar to lemons. An excellent addition to any juice or salad dressings.

MANGOS

One of the world's most popular fruit. Grown in Asia, South and Central America, Florida, California and the Caribbean. They are succulent and filled with sweet juice. The harmonious nuances of heavenly flavors cause an orchestration of singing taste buds, exclaiming the perfection of God's Creation.

Move over Reeses Peanut Butter Cups! Mangos beat you by a mile! Mango juice is an excellent addition to any fruit juices. Rich in vitamin C, some B vitamins, and beta carotene.

Remove skin and pit before juicing. Slicing mangos is a bit of a trick. Starting at the top, cut down, curving the knife along the flat part of the pit on both sides. This will remove the majority of flesh. You can slice strips of flesh and the skin should easily pull away from the fillet. The remainder can be eaten from the pit. Mangos come in many sizes, but the largest have the most juice. They can be purchased slightly green and will ripen in a few days on the counter, turning a bright yellow. They will be soft to the touch, exhaling a sweet smell.

As with all tropical fruits, mangos do not store well in the refrigerator and are best left at room temperature. Will store for two to three days on the counter.

ORANGES

Everybody loves oranges. And what is breakfast without a fresh tall glass of orange juice? Some of the highest quality oranges are grown in North America in the sunny state of Florida. Florida oranges have a higher juice content than oranges from California.

The Valencia and Navel oranges from California are considered excellent for eating. Green skin on oranges is not necessarily an indication of their being unripe. In fact, the familiar bright orange color is a result of an orange dye having been applied to the skin.

Oranges in their true color are yellow and green. It would be far healthier if the consumer could grow accustomed to what would appear to be an esthetically unappetizing orange. Look for thin skin, heavy fruit, and store in the refrigerator.

Juicing tips: Orange juice, fresh from the juicer, has a live taste. The powerful healing effects of fresh juice come from the dramatic increase in enzymes available to the body. Orange juice, frozen or bottled, has no enzymes, but can be added to freshly-made juice.

PAPAYAS

A fruit that comes from the deep tropics. Expensive and hard to find because of difficulty in shipping this delicate fruit. Most of our papayas come from Hawaii. They are an oval-shaped fruit weighing less than a pound. Cut in half, the flesh is an orange hue filled with shiny, black, edible seeds. They are a good source of calcium, potassium, vitamin C and of course, the color gives it away-beta carotene. They are high in the enzyme, papain, which helps us digest protein and is used commercially to tenderize meat.

Papaya makes excellent-tasting, highly-expensive juice. Papaya should have some yellow color which is an indication of ripeness. Will store in the refrigerator only for a few days. Green fruit will soften when left on the counter for a day or two. Spotted papayas, somewhat like bananas, are sweeter even though they do not look pretty. Peel before juicing.

PEARS

When pears are perfectly ripe-not too soft and not too firm, they are the most delicious of fruits. The juice from a pear is thick and sweet and can be diluted with apple juice. They are high in thiamin, riboflavin, niacin and folic acid which help establish a healthy cardiovascular system. They are also a good source of vitamin C, calcium, potassium, phosphorus and minerals. Levulose is the fruit sugar in pears which is easily tolerated by diabetics.

Pears are higher in pectin than apples, which encourages regularity. Common varieties are Bartlett, Bosc, Anjou and Comice. The sweetest and juiciest are the Bartletts with their bright yellow skin. Bartletts are available from summer to fall. Look for slightly soft flesh around the stem area.

Juicing tips: For juicing, a firmer pear is desirable so that it will not clog the juicer. Firm pears can be ripened on the counter in a couple of days. Keep juicing-pears in the refrigerator.

PINEAPPLES

Take a cold fresh glass of ripened pineapple juice in crushed ice. Find a quiet comfortable corner in your home and close your eyes. You will begin to hear the waves of the ocean lapping on the powdered, white shoreline of a tropical island. Above you, the gentle dance of palm leaves moved by hot tropical breezes. Add a pinch of coconut juice and you have been transformed into Robinson Crusoe, living a life of solitude in a tropical paradise.

Pineapple is the taste of the sun-soaked tropics, especially if you find one that was picked in its ripened state.

Pineapples are jam-packed with minerals, potassium, choline, sodium, phosphorus, magnesium, sulfur, calcium, iron and iodine. They have loads of vitamins including vitamin C and are an excellent source of bromelain, an enzyme that helps digestion. Bromelain has also been known to cure laryngitis and is soothing to the throat. Learning how to determine a sweet pineapple may take some practice. Your pineapple ought to have a strong, sweet aroma. Look for a large plump, heavy fruit. The leaves should easily pull out. The skin should be a dark golden color.

The summer is prime pineapple season because the sun is at its strongest. Jet-shipped or jet-fresh are more expensive but have been flown from the field a day or two before you eat them. The majority of pineapples are shipped by sea and are often months old. Always keep pineapples at room temperature unless cut.

Juicing tips: To cut pineapple for juicing, remove top and bottom. If not organically-grown, stand vertical and remove skin. Cut in slices, including core and pass through the juicer. For eating, cut in quarters and remove core.

STRAWBERRIES

They are the king of the berries. If you have ever had the pleasure of going strawberry picking, it is simply a delicious experience. You can taste the sun in the tender flesh. When strawberries are allowed to ripen on the plant, they are a high source of vitamin C but useless for shipping. They are high in potassium, sodium, and iron.

Strawberries are handy if you have to endure second-hand smoke. The ellagic acid neutralizes and dissolves the carcinogen, PAH present in cigarette smoke.

Fresh strawberry juice will knock your socks off. Frozen with honey, they make brightly-colored Popsicles that children just love. They are easy to juice because you can leave the stems on. You may find the juice a little thick, so you are welcome to mix it with other juices such as grape or pineapple. Try to find a local farmer who grows strawberries in your area.

They are usually found during early summer. Strawberries, out of season, from California are not as sweet but are still good for juicing. Always store in refrigerator in open paper bag.

TANGERINES

Tangerines are in the mandarin family. An excellent lunch box delight. Easy to peel, wonderfully sweet and highly nutritious. A small tangerine will have more usable vitamin C than a large orange. People who have a difficult time digesting oranges find tangerines more agreeable. Also an excellent source of B1.

Tangerines are seasonal and can be found from November through to February. Satsuma, Kinnow and the popular Clementine are sister fruits and are delicious. Can be stored at room temperature or in the refrigerator and are best eaten within a week.

WATERMELONS

There is nothing more refreshing than a slice of watermelon on a hot day. Why, it is even better than beer- legal to eat in a public place and does not result in a nasty hangover. For \$2.50, you can produce a mother-load of juice. And whereas eating the rind would be hard on the stomach, juicing it is a wonderful source of chlorophyll, vitamin A, protein, potassium, zinc, iodine, nucleic acids and enzymes that aid in digestion.

Ninety-five percent of all the nutritional content of watermelon is in the rind. Thump watermelons with your knuckles and if it sounds hollow, it's going to taste sweet. They should be dark green in color, dull, rather than shiny and their underbellies should have a pale yellow color. Store whole watermelons in a cool place.

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