

ELECTRA HEALTH FLOOR

All your therapies on one floor

Why is fruit important? Population studies have shown people who eat a diet rich in fruits and vegetables have a significant reduction in the risks of developing cardiovascular disease and certain types of cancer. Consider that cardiovascular disease and cancer are the top two leading causes of death in Canada; it makes sense to listen to what the scientists are telling us about vitamins, minerals, and phytochemicals (plant chemicals) in fruits and vegetables!

Little Tip : an example of a serving of fruit is one medium sized apple or orange, a small banana, or 1/2 cup of fresh cut fruits or berries.

Fruit and Your Body

Immune Boosting

Acai berry
Kiwi fruit
Orange
Grapefruit
Cantaloupe
Strawberry
Blueberry



Cancer Prevention

Tomato
Red grape
Berries of all variety



How many fruits should I have daily? Current guidelines recommend 7-13 servings of fruit and vegetables daily for adults and 4-10 servings for youths. It is good practice to have only 3-4 servings of any fruit everyday due to the fructose (fruit sugar) content.

Looking for an extra boost of antioxidants for your body? NanoGreens¹⁰ is a one of a kind product available at the Electra Health Floor. It provides the phytonutrients and antioxidant power of more than 10 servings of fruits and vegetables in a patented nanotechnology called NanoSorbTM for maximum absorption. At only 50 calories per serving, NanoGreens¹⁰ is a delectable and ideal supplement for anyone looking for an extra boost of the health benefiting antioxidants of fruits and vegetables of all colours!

Fruit and Your Health



What makes fruit healthy? Different coloured fruit contain diverse mixtures of vitamins, minerals, and phytochemicals (plant chemicals) which act as powerful antioxidants to protect the body from the harmful free radicals and thus, protect against certain chronic diseases such as coronary artery disease, stroke, type 2 diabetes, osteoporosis, vision loss, and certain types of cancer.

Eyes

Mango
Kiwi fruit
Cantaloupe
Goji berry (wolfberry)

Prevent Diabetes

Pear
Pomegranate
Goji berry (wolfberry)

Digestive Organs

Apple
Pear
Pineapple
Prune
White grape

Brain

Blueberry
Bilberry
Citrus fruit

Skin

Citrus fruit
Tomato
Cantaloupe

Heart

Banana
Citrus fruit
Grape
Pomegranate
Kiwi fruit
Avocado
Cranberry

Joints

Tart Cherry
Bilberry

