

Sunsweet Prunes - Health Benefits

Prunes for Pregnancy!

During pregnancy your baby takes nutrients directly from your body so that it can grow and develop properly. Deficiency can cause serious damage, that's why you need to boost your nutrient intake to help keep both you and your baby healthy. Eating SUNSWEEP Prunes are a great way to start because they're packed with 18 vital nutrients, helping you get more:

For You

- **Fibre** - to breakdown cholesterol and prevent constipation (common in pregnancy)

For Your Baby

- **Folic Acid** – to develop the brain and nervous system

For You Both

- **Vitamins A, C and E** - for great skin and eyes
- **Calcium, Iron and Copper** - for healthy bones and blood

SUNSWEEP Prunes are a true superfruit, and thanks to all the goodness ready to burst from every single one, they'll help to keep your body fit and well so that when your baby reaches to you for the nutrients it needs, neither of you will lose out.

Antioxidants

According to research conducted at Tufts University in Boston, USA, when compared to a wide variety of commonly eaten fruits and vegetables, prunes rank number one in antioxidant power. Antioxidants are compounds that neutralise the damaging effects of oxidation, the cellular damage caused by free radicals that are produced in the body as a by-product of metabolism.

Antioxidants may help lower the risk of heart and lung diseases, some cancers, cataract formation and the effects of ageing. Antioxidants occur naturally in the body and are found in a variety of foods, especially fruits and vegetables.

Fruit antioxidant score - ORAC* units per 100 grams

FRUITS		VEGETABLES	
Prunes	5,770	Kale	1,770
Raisins	2,830	Spinach	1,260
Blueberries	2,400	Brussels sprouts	980
Blackberries	2,036	Alfalfa sprouts	930
Strawberries	1,540	Broccoli Flowers	890
Raspberries	1,220	Red bell pepper	710
Plums	949	Onion	450
Oranges	750	Corn	400
Red grapes	739		
Cherries	670		
Kiwi fruit	602		
Grapefruit, pink	483		

*Oxygen Radical Absorption Capacity is a test tube analysis that measures the total antioxidant power of foods and other chemical substances per 100g

SOURCE: ORAC Antioxidant Analysis from the Human Nutrition Centre at Tufts University in Boston, USA.
www.sunsweet.com/Antioxidants.cfm

Nutrient value

SUNSWEEET Prunes have Vitamin A, important for healthy eyes and skin, vision, growth, reproduction and the immune system. They contain potassium, necessary for nerve impulses and muscle contractions and magnesium, vital to many basic metabolic functions. They contain copper that helps the body metabolise and use carbohydrates, thus providing it with energy.

Provide dietary fibre

There are two types of dietary fibre — soluble and insoluble and each type has its specific effect on our health. SUNSWEEET Prunes provide both soluble and insoluble dietary fibre. About 60 per cent of the dietary fibre in prunes is pectin, a soluble fibre linked to lowering blood cholesterol levels. Soluble fibre helps reduce blood cholesterol levels thereby reducing the risk of heart disease. Insoluble fibre works mainly in the large intestine, acting like a laxative.

Help fight osteoporosis

Research shows that prunes may also boost skeletal health! According to a study conducted at the Oklahoma State University, prunes may contribute to the prevention of bone loss in post-

Bite for bite *better* than fresh fruit

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menopausal women. The study showed that women who ate 12 prunes daily for three months had significant increases in serum markers of bone formation, including levels of insulin-like growth factor-I (IGF-I) and serum BSAP (bone-specific alkaline phosphatase) activity.

SUNWEET PRUNES VITAMINS AND MINERAL CONTENT

Research shows that gram-for-gram, SUNSWEET Prunes contain significantly more nutrients than most fresh fruit. Below are a list of some of the vitamins and minerals contained in prunes. The items in brackets indicate how many times more of the given vitamin or mineral prunes have versus fresh fruit.

<p>Calcium (*8 x more than banana)</p> <ul style="list-style-type: none"> - Helps build strong bones and teeth - Aids in blood clotting - Aids in normal functioning of nerves, muscles and heart 	<p>Copper (*5 x more than peach)</p> <ul style="list-style-type: none"> - Aids in formation of hemoglobin - Helps body cells produce energy 	<p>Iron (*15 x more than apple)</p> <ul style="list-style-type: none"> - Involved in the formation of hemoglobin which carries oxygen to the cells
<p>Magnesium (*4 x more than mango)</p> <ul style="list-style-type: none"> - Used in the structure of bones and teeth - Helps muscles contract - Activates enzymes used for carbohydrate and energy metabolism - Helps maintain nerve and muscle cells 	<p>Manganese (*5 ½ x more than orange)</p> <ul style="list-style-type: none"> - Part of many body enzymes 	<p>Niacin (*5 x more than plum)</p> <ul style="list-style-type: none"> - Helps the body use sugars and fatty acids - Helps cells use oxygen to release energy
<p>Pantothenic Acid (*2 x more than peach)</p> <ul style="list-style-type: none"> - Helps body cells produce energy - Helps the body use protein, fat and carbohydrate from food 	<p>Phosphorus (*6 x more than pear)</p> <ul style="list-style-type: none"> - Helps build strong bones and teeth - Regulates energy metabolism in body organs - Makes up part of DNA and RNA - Involved in generating energy in body cells 	<p>Potassium (*2 x more than banana)</p> <ul style="list-style-type: none"> - Helps regulate fluids and mineral balance in and out of body cells - Helps maintain normal blood pressure - Aids in transmission of nerve impulses - Involved in muscle contraction
<p>Riboflavin (*5 x more than plum)</p> <ul style="list-style-type: none"> - Helps body cells to produce energy and build tissue 	<p>Selenium (*2 x more than pineapple)</p> <ul style="list-style-type: none"> - Interacts with Vitamin E - Acts as an antioxidant to protect body cells from damage - Aids in cell growth 	<p>Sodium (* 8 x more than mango)</p> <ul style="list-style-type: none"> - Helps regulate movement of fluids in and out of body cells - Helps regulate blood pressure - Helps transmit nerve impulses
<p>Thiamin (*7 x more than pear)</p> <ul style="list-style-type: none"> - Helps the body convert carbohydrates into energy - Helps maintain a healthy nervous system 	<p>Vitamin A (*27 x more than apple)</p> <ul style="list-style-type: none"> - Helps maintain good vision, - Promotes the growth of cells and tissues - Helps the body resist Infection - Works as an antioxidant 	<p>Vitamin B6 (*12 x more than plum)</p> <ul style="list-style-type: none"> - Helps the body use protein - Assists in the formation of red blood cells - Helps the body use fat for energy
<p>Vitamin C</p> <ul style="list-style-type: none"> - Helps the body absorb iron from plant foods - Helps the body resist infection - Needed for healthy teeth, gums and blood vessels - Helps make and repair red blood cells, bones and other tissue - Works as an antioxidant 	<p>Vitamin E (*20 x more than banana)</p> <ul style="list-style-type: none"> - Works as an antioxidant, protecting cell membranes in the body from the damaging effects of oxidation; it may help reduce the risk of heart disease and cancer 	<p>Zinc (*11 x more than mango)</p> <ul style="list-style-type: none"> - Aids in wound healing - Involved in normal growth and development - Helps the body use protein, fat and carbohydrate

*SOURCE: "Composition of Foods", Agriculture Handbook No. 8-9, United States Department of Agriculture, Human Nutrition Information.