



Food Value of Fruita.
Fresh fruits contain 80 to 90 per
cent of water, no proteid or fat, nnd
when ripe little or no starch. They sugar they contain-which varies
from currants, cranperries, bananams and
grapes, from 60 to 70 per cent in to their organic sand prunes-and compounds, which are essential
pure blood and sound tissucs.
Fruit only when perfetly and ripe is itt to eat. Unripe fruit teria it eontains. As a rule, fruit is
best cooked. Especially is this best con
when
Aht fru
tion.

Fruit is most wholesome at the
beginning of a meal or at the end
of one that has included no dessert



