

## ♥ Health Minute™

### Prunes pack a punch

Prunes are primarily famous for being a laxative because they are rich in fiber. It is this same vital component that makes them perfect for healthy eating and in keeping your hunger to a minimum. A prune is a dried plum. The fruit's official name was changed from "prunes" to "dried plums" by the FDA in 2001. A single prune contains more than half a gram of fiber and more than one gram of sorbitol. Sorbitol plus diphenylisatin are the two compounds in prunes responsible for its laxative effects. In addition, prunes contain more than 10 percent of the recommended daily allowance of vitamin A and are high in potassium. Maybe it is time you give dried plums a try...



Four medium dried plums contain:	A plus for dried plums
<ul style="list-style-type: none"><li>♥ 80 calories, 0 grams fat</li><li>♥ 0 grams cholesterol</li><li>♥ 21 grams carbohydrate</li><li>♥ 1 gram protein</li><li>♥ 2 grams dietary fiber</li><li>♥ 1 mg sodium</li><li>♥ 262 IU Vitamin A</li><li>♥ 1 mg iron</li><li>♥ 246 mg potassium</li><li>♥ 232 mcg carotenoids (antioxidants)</li></ul>	<ul style="list-style-type: none"><li>♥ Prunes contain the same phenols (antioxidants) that plums have</li><li>♥ Prunes are high in beta carotene which helps prevent cataracts, cancer, and heart disease</li><li>♥ Prunes have been shown to help minimize osteoporosis because of their high boron and potassium content</li></ul>