

# Food Facts Fancies

## The Convenient Superfruit

(NAPSA)—You may be surprised to learn that modern research and healthy eating trends have both led straight to the humble prune.

Recent studies found that snacking options are either healthy or indulgent, with very few products combining both characteristics. Plus, while many people know that they need more fruit in their daily diet and that manufactured snacks have questionable food value, time constraints and availability often keep snackers from fruit.

That's where new Sunsweet Ones come in. Backed by antioxidant, prebiotic and other nutrition research, these individually wrapped prunes offer convenience, nutrition and indulgence all in one package. Packed with antioxidants, fiber and potassium, this delicious superfruit is the perfect treat when the snacking urge hits.

And you don't have to feel guilty about this sweet, delicious snack. Much to people's surprise, bite for bite and ounce for ounce, Sunsweet Ones exceed many fresh fruits when comparing antioxidants, vitamins and minerals—and four of the delicious prunes equal just 100 calories.

Maybe even a bigger surprise, though, is how great prunes taste. They deliver the target for the perfect snack: sweet taste indulgence, incredibly convenient and bursting with nutrients. Plus, the attractive individual packaging is so appealing it looks like it could be sold as a candy.

Sunsweet products, including the Ones, are available in dried fruit or produce sections at major retailers nationwide. For more information, visit [www.sunsweet.com](http://www.sunsweet.com).



### Antioxidant Champion, Nutritional Powerhouse: Prunes, The Superfruit

Sometimes referred to as a "superfruit," ounce for ounce, prunes nutritionally surpass other popular fruits. Prunes contain:

- 38 percent more antioxidants than blueberries—Antioxidants protect the body from free radicals that can create damage leading to many chronic diseases.
- 100 percent more potassium than bananas—Potassium helps regulate fluids and mineral balance in and out of cells and, in doing so, helps maintain normal blood pressure.
- 170 percent more fiber than apples—Fiber helps the body in relieving constipation, keeping weight under control and preventing diseases such as heart disease, cancer and diabetes.

**Osteoporosis Fighter:** A study from Florida State University College of Human Sciences recently found that prune consumption may help reverse bone loss in postmenopausal women with osteoporosis.

