



# Benefits Of



# NECTARINES

## For Pregnant Women



May prevent neural and brain defects



May prevent heart diseases



Contains chlorogenic acid that prevents cancer



Decreases risk of chronic illnesses



Promotes immunity



Promotes skin and eye health



Improves digestion and prevents constipation



Contains vitamin C that helps prevent anemia

### References

1. Health Benefits of Fruits and Vegetables A to Z List; Academia
2. Focus on Fruits; Clemson Extension
3. All the Health Benefits of Eating Peaches; Cleveland Clinic