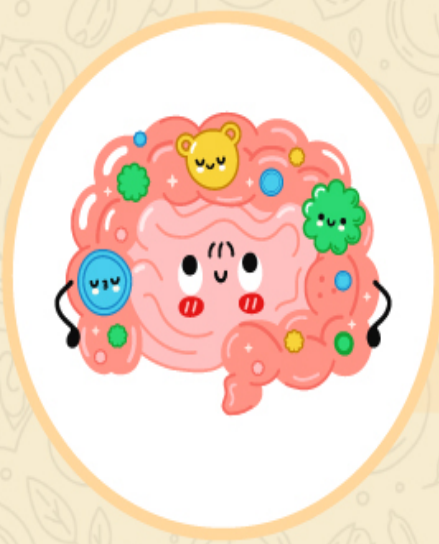
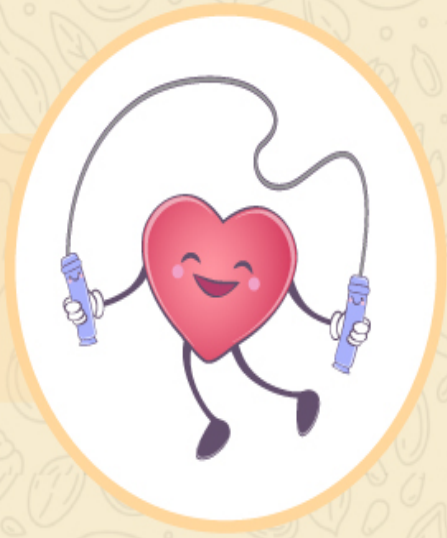


# Potential Benefits Of Dry Fruits For CHILDREN



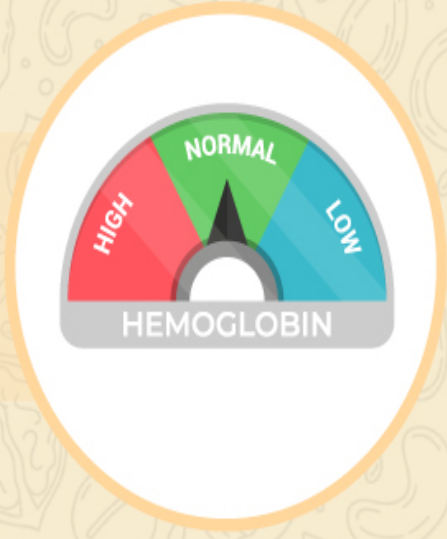
Help in digestion

Promote a healthy heart



Help maintain  
healthy bones

Reduce the risk  
of anemia



Support healthy growth  
and development

Help maintain a  
healthy weight when  
chosen over sugary  
snacks and beverages



## References:

1. Nuts, health and kids; Australia Nutrition Foundation
2. Arianna Carughi et al.; Pairing nuts and dried fruit for cardiometabolic health; BMC
3. Anemia: Iron Deficiency; Nationwide Children's Hospital
4. Dried Fruit; Nutrition Facts