



Your favorite pink superfood holds even more health benefits than you thought. Dragon Fruit might become your favorite smoothie ingredient once you discover just how healthy adding this hot pink fruit is to your daily wellness routine.

For more nutrition information visit our website:

Foodbankrgv.com

Or call:

956-682-8101

Ext: 4523

Dragon Fruit

HEALTH BENEFITS

Dragon fruit, also known as Pitaya, comes from the cactus plant *Hylocereus Undatus*.



The pulp of the fruit varies from white to deep pink with tiny black seeds. The taste is often compared to a kiwi pear mix.

High in vitamins and minerals like Lycopene, Iron, Vitamin C and Magnesium.

Contains prebiotics to aid in digestion and gut health.

Reduces the risk of heart disease, cancer and diabetes.



Helps to strengthen the immune system with antioxidants and Vitamin C.

Reduces inflammation in the body through high antioxidant content.

Contains 7 grams of fiber per cup!

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