

8 types of fruits should supplement the body this winter

Apples are special fruits very suitable in winter. Especially because this fruit is known for its ability to boost the immune system and provide water for the human body. In addition, apples are also rich in fiber, which is very healthy this winter.

Apples are special fruits very suitable in winter. Especially because this fruit is known for its ability to boost the immune system and provide water for the human body. In addition, apples are also rich in fiber, which is very healthy this winter.

Kiwifruit is a great source of **fiber** and other **essential nutrients** like vitamin C, potassium, etc. for the body. In addition to boosting immunity, it also warms your body from the inside and helps you retain energy during the winter.



1. Pomegranate

This juicy fruit is an excellent source of essential nutrients for the body, keeping your body healthy in the winter. Pomegranates help **boost your immune system** and protect you from cold and cough bacteria this winter.



2. Apples

Apples are special fruits very suitable in winter. Especially because this fruit is known for its ability to boost the immune system and **provide water** for the human body. In addition, apples are also **rich in fiber, which is** very healthy this winter.



3. Le

Eating pears in this winter is a great way to ensure that your body never lacks nutrients and fiber - the essential nutrients required to function more efficiently. In addition, pears have been known to **keep the body warm** in

cold weather.



4. Pomelo

Grapefruit is a nutritious fruit and has many benefits. In grapefruit contains low calorie content, but contains many antioxidants, particularly beneficial in harsh climatic conditions.



5. Cam

This citrus fruit is considered an extremely healthy fruit, especially when the weather is cool. With **citric acid and vitamin C content**, oranges can provide and retain water for your body in cold weather like this.



6. Kumquat

Kumquat is an olive fruit, this fruit has a lot of nutritional value and you should supplement your daily diet during the cold winters. With the addition of **potassium, fiber and vitamin C** in kumquat, this fruit can give your body the nutrients it needs to fight the bacteria that cause this winter.



7. Cranberry

Cranberry is an extremely effective fruit that keeps your body warm and warm from the inside. You can consume this fruit to ensure that your body is provided with the necessary amount of fiber and vitamin C.



8. Kiwi

Kiwifruit is a great source of fiber and other essential nutrients like vitamin C, potassium, etc. for the body. In addition to boosting immunity, it also warms your body from the inside and helps you retain energy during the winter.



Refer to some of the following articles:

1. Signs of your body are missing a serious vitamin
1. 7 kinds of fruit juices help you to have bright and smooth white skin
1. Want skin without wrinkles, long-term children eat these foods

Wish you have moments of fun!

You finished reading the article "**8 types of fruits should supplement the body this winter**" edited by the [TipsMake](#) team. We hope this article has provided you with many useful tech tips and tricks. You can search for similar articles on tips and guides. Thank you for reading and for following us regularly.