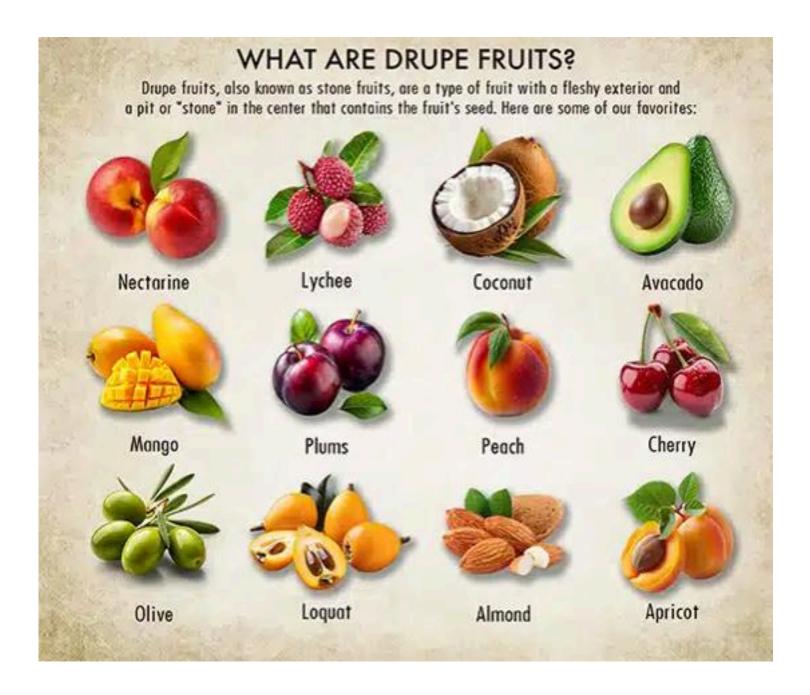
Drupes



Drupe

A drupe is a simple fleshy fruit with a single pit or stone that contains the seed. A simple fruit is formed from a pollinated ovary of a single flower. The fertilized ovary grows producing a fleshy fruit with the hardened shell in the center. A drupe has a three-layer structure: a thin skin called the exocarp, the fleshy edible part called the mesocarp and the seed and seed covering called the endocarp. In the ripened fruit, these labels correspond to the parts of the pollinated ovary.

List of some drupes: Apricots Cherries Coconuts Date palm Loquat Lychee Mango Olive Pistachios Peaches Plum

Walnuts

Here are some of the benefits of drupes:

Antioxidants

Antioxidants help protect your body from damaging free radicals.

Potassium

Drupes are high in potassium, which help regulate fluid balance and improved cholesterol levels.

Fiber

Drupes are high in fiber, which help with digestion, and weight management.

Fat

Well-known drupes are walnuts, and almonds. Olives are a rich source of healthy fats such as oleic acid which help maintain healthy blood pressure, improved blood cholesterol levels, lower the risk of heart disease, support bone and joint health and reduced, inflammation in the body.

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