

# Drupes

## WHAT ARE DRUPE FRUITS?

Drupe fruits, also known as stone fruits, are a type of fruit with a fleshy exterior and a pit or "stone" in the center that contains the fruit's seed. Here are some of our favorites:



Nectarine



Lychee



Coconut



Avacado



Mango



Plums



Peach



Cherry



Olive



Loquat



Almond



Apricot

## **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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