

Types of Drupe Fruits

Fruits with a Single Seed or Stone

Stone Fruits



- Peaches
- Cherries
- Plums
- Plums

Nut-like Drupes



- Coconuts
- Almonds
- Olives

Berry-like Drupes



- Mangoes
- Olives
- Dates
- Olives

Exotic Drupes



- Avocados
- Cherries & Mangoes
- Lychees

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:

Anoxidants

Anoxidants 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 digeson, 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, inflammaon in the body.

Stay focused, it's me to place your health back into your control.

Ezekiel 47:12

12 And by the river upon the bank thereof, on this side and on that side, shall grow all trees for meat, whose leaf shall not fade, neither shall the fruit thereof be consumed: it shall bring forth new fruit according to his months, because their waters they issued out of the sanctuary: and the fruit thereof shall be for meat, and the leaf thereof for medicine.

Thank you for your support.

All1fitness LLC

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