

### Reading

**Lissa:** Hey, I noticed you've been bringing an apple with your lunch every day. What's up with that?

**Wilfredo:** Yeah, I've been trying to eat more fruits lately. I read an article about how important they are for our health.

**Lissa:** Really? I know fruits are good for you, but why the sudden focus on them?

**Wilfredo:** Well, they're packed with vitamins and minerals that our bodies need. For example, oranges are loaded with vitamin C, which boosts our immune system. Plus, fruits have antioxidants that help fight off diseases.

**Lissa:** That makes sense. I've heard that fruits are also good for digestion. Is that true?

**Wilfredo:** Definitely! Many fruits, like apples and berries, are high in fiber, which helps keep our digestive system running smoothly. Eating enough fiber can prevent constipation and other digestive issues.



**Lissa:** I didn't realize they had so many benefits. I guess I should start eating more fruits too.

**Wilfredo:** You should! And the best part is, they're naturally sweet, so they're a healthier alternative to sugary snacks. Instead of reaching for a candy bar, you can have a piece of fruit and satisfy your sweet tooth without the extra calories and processed sugars.

**Lissa:** That's a good point. I've been trying to cut down on sugar anyway. Maybe I'll start by adding a banana to my breakfast.

**Wilfredo:** That's a great idea! Bananas are full of potassium, which is great for your heart and muscles. Plus, they're really convenient to grab on the go.

**Lissa:** Sounds like fruits are a win-win! I'll definitely make an effort to eat more of them.

**Wilfredo:** Absolutely. It's one of the easiest ways to improve your overall health. Plus, with so many different fruits out there, you'll never get bored.

**Lissa:** Thanks for the tips. I'm definitely going to stock up on some fruits next time I go grocery shopping.

**Wilfredo:** No problem! Your body will thank you for it.

