

# *Benefits of Dry Fruits and Nuts*

- ✓ *Keep Heart Diseases at Bay – Cashews, Pistachio & Dates*
- ✓ *Prevent Anemia – Prunes, Raisins & Apricots*
- ✓ *Maintain Cholesterol – Almonds, Raisins & Pistachios*
- ✓ *Improve Hemoglobin Levels – Prunes, Cashews & Almonds*
- ✓ *Beneficial for Crucial Body Organs – Walnuts, Cashews & Raisins*

*Tips  
December*