

## Health tip

WITH summer in full swing, there is plenty of delicious seasonal fruit on offer.

Raspberries, strawberries, gooseberries, blackcurrants, peaches and apricots, to name but a few, can give your meals a refreshing and colourful lift, or you can simply enjoy them as a healthy nutritious snack.

Charity Heart Research UK is urging people to make sure they get their five daily portions of fruit and vegetables to boost their intake of vitamins, minerals, fibre and antioxidants and help to protect against heart disease, dementia, infections and cancer.

## What's new

IT'S National Cherry Day this Sunday, so why not try new fruit juice **Cherrygood.**

The drink contains the goodness of Montmorency cherries, from Michigan, and comes in two varieties – Original Cherry and Cherry and Berry, which includes a blend of blackcurrant, raspberry, blackberry and blueberry.

Cherrygood contains natural ingredients and no added sugar, additives, or preservatives.

For more details visit [www.itscherrygood.com](http://www.itscherrygood.com).

