

## Almonds



Almonds are linked to better brain function and reduced risks of heart disease.

## Raisins



They are great natural energy booster and aid digestion due to their fiber content.

## Apricots



Dried apricots are crucial for eye health and helps regulate blood pressure.

## Walnuts



They're beneficial for heart health and may help lower blood pressure.

## Dates



Dates help in regulating blood sugar levels and are known for their high energy content.

## Figs



Figs are excellent for bone health, promote gut health and help in weight management.

## Cashews



Cashews is essential for bone health and are good for heart health.

## Pistachios



Pistachios are low in calories but high in protein and fiber. Great for weight management.

## Prunes



Prunes are known for aiding digestion and also reducing the risk of heart disease.

