

Plums



NUTRITION

Source of Vitamin C

Source of Vitamin K

Source of Fiber

Low in calories

Low in sodium

Low in fat

FUN FACTS

Have you ever heard of prunes? Prunes are just plums that have been dried!

At the center of a plum is a pit, which contains the seed of the plum.

The fiber in plums helps to keep your digestive system moving and healthy!

Plums can be eaten raw, dried (as prunes) or in the form of prune juice!

WHERE DO PLUMS COME FROM?

It is thought that all plums originated from two types: Japanese plums and European plums. Today, there are many different types of plums that grow all around the world - mainly in warm regions.

Info from http://www.softschools.com/facts/plants/plum_facts/667/