



CULTURE OF WELLNESS FEATURE

Exotic Fruits from Around the Globe

Stuck in a food rut? Broaden your cultural awareness and expand your palate by experimenting with exotic fruits! In many countries, these fruits are used for their medicinal properties and therapeutic benefits, but their unique flavors, textures, and nutritional qualities make them great enhancements or substitutions in dishes, salads, and condiments! From Asia to Africa to South America, the different regions of the world each have their own native exotic fruits to try:

Mangosteen

Originally from the **Sunda Islands**, the mangosteen fruit is high in antioxidants and is known for its antimicrobial, anti-inflammatory, antifungal, and antiseptic properties. It is also paraded for its potential to kill leukemia cells. You can consume this decadent fruit as healthy dessert substitute or use it to make jams.



Horned Melon

Also known as the **African Cucumber**, this exotic fruit has been shown to slow and prevent the onset of Alzheimer's and Parkinson's disease. Its high values of Vitamins C and E are also good for skin and hair health. You can slice the fruit and add it to drinks or dishes as a decoration or cut it in half and use a spoon to eat the flesh and seeds!

Pitaya

Commonly called a dragon fruit, this **Central American** fruit is high in multiple vitamins and minerals including Vitamin C, calcium, and phosphorus. It also boasts high antioxidant levels and omega-3's which contribute to its immunity-boosting and heart health properties. Cut this fruit in half and scoop out its insides with a spoon to reap all the benefits!



Star Fruit

Typically eaten whole in its raw form, this fruit is star-shaped when sliced! In **Sri Lanka**, where the star fruit originates, it is used to cure headaches and even hangovers.

Longan Berries

These **Chinese** berries are full of iron, potassium and Vitamins A and C. Eat them raw, dried, or frozen for their relaxation benefits and antioxidant power!



Join the Voyage!

There are many ways that you can get involved with the 2014 CORE Wellness theme Culture of Wellness. Explore our Culture of Wellness website culture.acicorewellness.com which houses our monthly feature, international recipes, links to worldly websites, and even spotlight stories of employee experiences traveling abroad. If you would like to submit a recipe or story, please contact askthepros@acispecialtybenefits.com and stay tuned for more information about Culture of Wellness each month!

Sources: webmd.com, fitday.com, fruitsinfo.com, lifehack.org, healthbenefitstimes.com



For more information contact a specialist at **800.932.0034** or email askthepros@acispecialtybenefits.com

