



How to get the most out of fruit



The best way to eat fruit

Although it is common to eat fruit for dessert and to drink fruit juice with meals, scientists point out that fruit tends to ferment when it comes into contact with other types of food. It is therefore recommended to leave a gap of a few hours between eating fruit and other foods. The best times to eat fruit are first thing in the morning, before lunch, and between meals. Eating fruit on an empty stomach 30 minutes before a meal helps one to lose weight and also allows the body to absorb the maximum quantity of vitamins. Raw fruit is healthiest, as any form of cooking destroys most of the vitamins.



The benefits of fruit



Apples

A valuable source of vitamins, minerals and dietary fibre, apples also contain lots of water and few calories, making them helpful for dieters. Apples also contain important natural acids (malic, tartaric and citric). Tannins help to prevent these acids from decaying and fermenting in the stomach. Apples also contain substances that stop the growth of cancer cells in the intestine and liver.



Pears

Fresh or dried, pears are useful in diets aimed at combating obesity and diabetes. They contain essential oils and active substances that help the body to ward off infection. They also have anti-inflammatory attributes and can even relieve depression. Pears contain many macro- and micronutrients such as iron, which is essential for healthy blood cells. Eating pears is recommended to counter fatigue, dizziness, palpitations arising from heavy physical activity, loss of appetite, cracked skin at the corners of the mouth, poor healing of tissues and sensitivity to cold, all of which are symptoms of iron deficiency.



Peaches

Peaches contain pectins (which absorb harmful substances) and malic acid (which catalyses the pectins). Eating one peach per day can help to normalise the gastrointestinal tract and cardiovascular system.



Grapes

Eaten in ancient times to treat sore throats, mouth ulcers and hemoptysis, grapes are also a powerful diuretic (the juice contains 70 to 80 percent dissolved sugars, acids, vitamins and salt) and laxative. Their glucose content makes them an effective tonic and expectorant. Grapes contain large amounts of easily digestible trace minerals (zinc, calcium, iron, copper, manganese and magnesium). They are recommended for people suffering from anaemia and heart problems.



Cherries

Cherries are a source of many useful substances, including vitamins A, C and E, B group vitamins, pectin, organic acids, starch, natural sugars and carbohydrates. They contain a broad range of minerals such as calcium, magnesium, sodium, potassium, phosphorus, chlorine, sulphur, iron, zinc, iodine, copper, manganese, chromium, fluoride, molybdenum, boron, vanadium, cobalt, nickel and rubidium, without which we are more prone to illness and age more rapidly. Cherries also contain lots of folic acid, which is essential for women during pregnancy. Due to their antioxidant properties, cherries strengthen the capillaries, prevent the premature ageing of cells, reduce high blood pressure and help prevent cancer. Their vitamins and minerals contribute to the process of hematopoiesis, which improves the activity of the central nervous system and brain. The presence of coumarin, a decoagulant, helps to prevent thrombosis, strokes and heart attacks.



Apricots

The beta-carotene in apricots protects the skin and is beneficial for eyesight. Dried apricots are rich in iron and magnesium (providing energy for the body), and they also have a beneficial effect on the nervous system.



Lemons

Lemon pulp contains organic acids, pectins, sugars, nitrogen, mineral salts, vitamins (C, A, B group and P), essential oils, sodium, potassium, calcium, phosphorus, iron and silicon. The rind and leaves are rich in essential oils. The fruit's benefits have been known since antiquity. Sailors once travelled with large supplies to prevent disease. Chinese doctors used lemons to treat wounds, lung diseases and scurvy, while the Italians cured fevers with a lemon decoction. Yoga practitioners recommend eating a lemon a day. Lemons have strong antimicrobial properties and the juice boosts the metabolism. Lemons help fight urolithiasis, metabolic disorders, haemorrhoids, fevers and fungal diseases. They can be used to treat gastritis with low acidity, chronic hepatitis, acute and chronic cholecystitis, nosebleeds, bleeding gums, sore throats and tuberculosis.



Oranges

Full of vitamins, trace elements, minerals, amino acids and other substances, a single orange contains the daily recommended amount of vitamin C. Oranges also contain comparatively large amounts of iron, manganese, iodine, cobalt, copper, fluorine, zinc, potassium, calcium, magnesium, sodium and phosphorus. Drinking orange juice prevents the development of cancer, lowers blood pressure, supports cardiovascular function, strengthens the immune system, lowers cholesterol, prevents the formation of ulcers, relieves constipation, prevents kidney stones, protects against infections, supports healthy bones and teeth, helps ease arthritis, promotes weight loss and brain development, produces healthy sperm and supports skin health.



Mandarins

Rich in vitamins C, D (which has antirachitic properties) and K (which improves the elasticity of blood vessels), mandarins are said not to contain nitrates due to their high citric acid content. Despite their therapeutic properties, they can be harmful. They can irritate the kidneys, stomach lining and intestines, and are not recommended for people with stomach or duodenal ulcers, gastritis, enteritis, colitis or inflammatory bowel disease, cholecystitis, hepatitis or acute nephritis.



Grapefruits

Grapefruits improve the digestion and have the beneficial effect of speeding up the body's metabolic processes. A moderate diet that includes grapefruits can help people lose between 5 and 7 kilograms in just a few months.



Bananas

With their convenient natural packaging, bananas satisfy hunger while supplying the body with energy and nutrients. Few people are allergic to bananas, which is why they are often used as baby food. Adults who are not highly intolerant of sugar can also enjoy eating bananas. Banana fibres facilitate the workings of the intestinal tract and aid the digestion of fats and sugars. Bananas have a balanced vitamin composition: they contain large amounts of vitamins E and C, and more than 25 percent of the recommended daily dose of vitamin B6. Bananas are also a great source of trace elements, such as magnesium, potassium, calcium, iron and phosphorus.



Pineapples

The inner part of this juicy, sour-sweet, fragrant fruit contains digestible carbohydrates, dominated by sucrose. Pineapple pulp contains approximately 1 percent citric acid and other organic acids, significant amounts of vitamin C, and bromelain, which has anti-inflammatory properties and enhances enzymatic activity. Pineapples are particularly rich in potassium and copper. Pineapple juice is recommended for fighting gastrointestinal disease and improving digestion. However, due to the fact that pineapple juice increases the acidity of gastric juices, those suffering from gastric or duodenal ulcers, or gastritis with high acidity, should limit their intake.



Kiwis

Effective in cleaning the blood vessels and preventing thrombosis, their high potassium content makes kiwis ideal for preventing high blood pressure. Several kiwis eaten after a heavy lunch can help lighten the stomach and ease heartburn. The daily consumption of kiwis reduces the level of fatty acids in the blood, as well as the risk of blood clots.



Pomegranate

The juice of this fruit contains 15 amino acids, while most meat products contain no more than six, so vegetarians should always keep this fruit close at hand. Pomegranates are rich in vitamins C (which strengthens the immune system), E (which strengthens blood vessels), B6 (which benefits the nervous system) and B12 (which improves blood cell formation). Pomegranate juice is also an effective disinfectant and can be used as an antiseptic to protect against infection. The rind of the fruit and the bark of the pomegranate tree are powerful weapons against tuberculosis, dysentery and intestinal parasites. The small red seeds are a great way to stimulate lazy bowels and a valuable source of pomegranate oil that nourishes the skin. Pomegranates protect against cancer, and the fat-soluble vitamins E and F they contain have a rejuvenating effect. Pomegranate juice also contains powerful antioxidants called anthocyanins, which improve the metabolism and blood circulation. By strengthening the walls of blood vessels, they also reduce the risk of strokes, heart attacks and retinal detachment.



Coconuts

Coconut milk helps to regenerate the skin and makes a perfect moisturiser. It is good for skin tone and restores elasticity.