FRUITS & VEGGIES

Do You Know this Fruit?-Here's Why You Should Eat it more (Lowers Bad Cholesterol & Blood Sugar!)

By bestfolkmedicine · 17/03/2021 · 2 min read



In order to preventing getting repetitive, it's essential we try out different fruits and veggies, right?

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And, the good news is that there a lot of yummy fruits and veggies we can opt for and one unusual fruit is getting all of the attention lately.

Known as star fruit or carambola, this sweet and sour fruit is shaped as a five-point star. Its skin is edible while its flesh is mild and sour. It's a popular addition to a long list of dishes.

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Yellow or green, it can be found in mostly two types, i.e. the sour, smaller type and the bigger, sweeter one.

Its Nutrient Profile Is Amazing

Indeed, by eating star fruit, you'll supply your body with some pretty amazing nutrients, including fiber, protein, vitamin C and B5, copper, folate, magnesium, and potassium.

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And, here's how it can help better your overall health:

- **May help lower bad cholesterol**

Star fruit is a wonderful source of quercetin, epicatechin, and gallic acid.

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These substances have potent antioxidant abilities and health benefits.

They were found helpful in reducing the risk of fatty liver and bad cholesterol in lab studies with mice.

- **Strengthens the immunity**

Being rich in vitamin C, star fruit is a great way to keep a strong immunity and to up your defence from colds and the flu.

And, this vitamin is also linked with the synthesis of collagen-a protein which helps maintain the health of the nails, hair, and skin.

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- **Helps you stay regular**

Since it contains a decent amount of fiber, including the insoluble one, it will help add bulk to the digestive system and ensure you're regular.

And, dietary fiber is known to avert the absorption of bad cholesterol in the intestines and further help lower the risk of heart illness and diabetes.

- **Great for anemia**

Iron-deficiency anemia is one of the most common types of anemia and it happens when the body lacks iron.

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This nutrient is pivotal for the synthesis of red blood cells and for the oxygen transportation.

This is where adding star fruit to your diet can help-although its iron content isn't that high, it has sufficient vitamin C and this vitamin is pivotal in improving the iron absorption in the body.

- **Lowers inflammation**

Thanks to its quercetin, gallic acid, and epicatechin, it may be beneficial in the prevention of inflammation.

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These antioxidants neutralize the harmful free radicals linked with inflammatory illnesses.

- **Good for insomnia**

If you're dealing with sleepless nights, consider adding this fruit to your diet.

Since it's packed with magnesium, a mineral that participates in the regulation of sleep, this fruit can help you get the much need night time rest.

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Sources:

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