GRANDMA'S REMEDIES

The 5 Best Health Benefits of Sugar Apples

By bestfolkmedicine · 13/04/2022 · 3 min read



Sugar apples are exotic fruits that have a sweet taste. You may know it as sugar pineapple, sweetsop, or custard apple.

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The most common name, sugar apple, maybe a bit deceiving since this fruit isn't an actual apple. However, some use it as a replacement for apples in plenty of recipes.

The fruit is creamy and has sweet white flesh. The skin is leathery and it's often consumed with a spoon due to its softness.

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It tastes like something between bananas and pineapple. Since it's creamy and refreshing, it's delicious when consumed chilled. Many also add it to ice creams and smoothies. It's not just tasty-it also has some pretty amazing health benefits to offer!

The Best Healing Benefits of Sugar Apples

Sugar apples are very healthy.

They're rich in plenty of beneficial nutrients as well as a higher amount of vitamin C than the one in orange.

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It's grown as a tropical fruit in tropical climates in South and Central America; in the 16th century, it was introduced in the Philippines and India and has since been cultivated there as well.

This fruit contains vitamins, minerals, and fiber and it's praised for its ability to strengthen immunity, lower tiredness, and maintain beautiful and smooth skin.

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This fruit is usually available from August to October so make sure you grab a kilo or two of it when you spot it at the market.

Here are some of the ways in which sugar apples boost your health:

- **Good for the respiratory health**

Since it's abundant in vitamin B6 which has anti-inflammatory properties, this fruit may help lower the inflammation of the bronchial tubes and it's, therefore, recommendable food for people with asthma.

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- **It improves the digestion**

As it contains a lot of fiber, it can help alleviate digestive problems like constipation and diarrhea and ease the fermentation of fatty acids.

These fatty acids keep the digestive tract safe from inflammation illnesses like colitis and Crohn's.

- **It balances the blood pressure**

Sugar apples contain potassium and the amount is higher than that in bananas.

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With this in mind, they can be of aid in balancing the blood pressure by balancing the levels of sodium and thus, lowering the risk of cardiovascular illnesses by regulating the blood pressure.

- **It possesses anti-cancerous power**

The flavonoids in sugar apples like epicatechin, epigallocatechin, and catechin are known to play a role in the prevention of cancer cells' growth.

According to one study, the catechin from this fruit averts cancerous cells from proliferating.

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What's more, dietary flavonoids are particularly helpful in minimizing the risk of cancers of the digestive tract, some of the most common malignant tumors globally.

The antioxidant properties will also fight off free radicals that are associated with cancer growth.

- **Increases the production of collagen**

As we grow old, the production of collagen lowers, and the risk of skin lines, wrinkles, and looser skin increases.

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By consuming sugar apples, you may boost the production of collagen and lower the breakdown of collagen, and boost your skin elasticity.

What's more, this fruit contains vitamins B, and C and has antioxidant power that plays a role in the building of tissues and keeps the cell structures safe.

Sources:

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