PLANTS & HERBS

The Best Pineapple Guava Health Benefits

By bestfolkmedicine · 10/06/2022 · 3 min read



Also known as feijoa, pineapple guava is easy to grow and produces delicious fruits rich in various nutrients.

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This fruit is abundant with antioxidants and the plant has many edible parts, including the fruit, stems, and leaves.

They can be used to prepare purees, extracts, etc.

This tree belongs to the Myrtaceae family and originates from South America. It likes tropical and subtropical climates like bananas, mangos, and pineapples.

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Feijoa fruit is aromatic and sweet and it falls off the pineapple guava tree when it's ripe and heavy.

Pineapple guava isn't the same as guava. The pineapple guava tree is different than the guava tree. However, they're related and share plenty of things in common like being rich in vitamin C and fiber.

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The fruit is similar to lime but is more elongated. They have green skin and a size similar to an egg.

What Will Pineapple Guava Fruits Supply You With?

A cup of feijoa or pineapple guava pieces or some 200 grams provides around:

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- **31 gr of carbohydrates**
- **126 calories**
- **1.5 gr of protein**
- **13 gr of fiber**
- **Less than a gram of fat**
- **67 mg of vitamin C**
- **47 mcg of folate**
- **0.47 mcg of folate**
- **0.47 mg of vitamin B5**
- **353 mg of potassium**
- **0.07 mg of copper**
- **21 mg of magnesium**
- **0.17 mg of manganese**

You can consume this fruit raw, but also include it in various other recipes like smoothies, drinks, ice cream, sorbets, mousses, spongecakes, etc.

The Best Health Benefits of Consuming Feijoa

Good for the gut

A cup of pineapple guava will supply you with 13 grams of fiber.

Foods abundant in it are good for healthy digestion and balanced gut microbiota.

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These organisms play a pivotal role in helping us maintain a healthy weight, strong immunity, and optimal mental health.

Foods rich in fiber will also help reduce constipation, kidney stones, obesity, as well as high cholesterol and triglycerides.

Rich in immune-strengthening vitamin C

Our body can't produce or store vitamin C and we need to get it from fruits and veggies. Pineapple guava has plenty of it and its antioxidant properties help keep you safe from cell damage.

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Vitamin C is also essential for our immunity, reduction of free radicals, and collagen protein synthesis.

Consuming foods abundant in it will lower the risk of cancer, common cold, the flu, and conditions like gout, arthritis, gout, etc.

Possesses anti-inflammatory and antioxidant properties

Feijoa fruit, in a study from 2014, was studied in vivo to check its anti-inflammatory benefits.

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It helped impede the inflammatory pathways and averted oxidative stress and the protein-kinase C pathways.

Plenty of antioxidants were found in this fruit's juice, including rutin, gallic acid, syringic acid, eriocitrin, catechin, etc.

It helped prevent edema and in another study, its extract showed amazing antioxidant activity. Moreover, another study found that the antioxidants from this fruit are able to lower the negative impact of certain meds and treatments.

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The same study found feijoa beneficial for higher sperm parameters in lab mice that were treated for testicular illness.

Sources:

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