

The Power Of Fruits And Vegetables

Many of us eat fruits and vegetables in our daily diet. After all, they have been part of our diet since the beginning of mankind. We eat them raw, cooked and frozen; we take them as juices and combine them with other foods. But there are probably many things that we did not know about the fruits and vegetables that can be very useful to know and learn.

1. Never mix grapefruits with medication.

Grapefruits are some of the most nutritious fruit, but can also be bad for your health if you are taking certain medications. The chemicals in grapefruit can cause an adverse reaction that can have fatal results. If you are taking medication, be sure to consult with a medical professional before drinking or eating any amount of grapefruit.



2. Fruits and vegetables are high in fiber

The benefits of fiber include keeping your regular bowel movements, which helps reduce cholesterol, regulate blood sugar and keep you feeling full for much longer. Even if you do not need more vitamins, minerals or any other

ingredient, fruits and vegetables are still one of the best things you can eat daily.

3. The skin is the best part

Many fruits and vegetables, such as carrots, apples and cucumber, have a high nutritional percentage that is stored in our skin. Which means that when you peel, you're actually also peeling many of its nutritional benefits. Be sure to wash fruits and vegetables before eating them and I guarantee you'll get used to eat them with the skin in a very short time.

4. Bananas are fascinating

Two amazing things you probably did not know of these delicious fruits is that they are a source of potassium and vitamin. First, the bananas are technically herbs and belong to the same " botanical family ", mint or basil. Second, in 1950 almost all species of bananas in the world were distributed by Panama. Today, most of the bananas sold and eaten worldwide are Asian.



5. Eating fruits and vegetables can hardly affect our weight

All fruits and vegetables are low in calories, so most doctors recommend to eat as snacks. While a bag of chips contains fat, oil and a lot of calories, a handful of carrots contains none of those things. It is absurd the amount of fruits and vegetables that you can eat without having to worry about it. That said, some fruits have a high amount of sugar, so you should not overdo the sweet fruit.

6. Broccoli has more protein than steak

There are many more proteins in a broccoli in a steak, and the best is that no saturated fat or cholesterol, so you'll get all your protein with a lower risk of cardiovascular disease. So if you're trying to strengthen your muscles, broccoli is the ideal food for you.

7. The most hated vegetable in the world is one of the best

Brussels sprouts reign as the least pleasant vegetable for children, and also for some adults. It could be due to its bitter taste, smell disgusting or even his bad reputation. However, Brussels sprouts are some of the most nutritious vegetables you can find, because they have no fat or cholesterol but plenty of vitamins and minerals. It is a shame that none of these facts make it a more attractive vegetables.



8. Skin of orange.

It is said that the skin of the fruit can be better than the fruit itself. In this case, orange peels have more than four times the amount of actual fruit fiber and contain more antioxidants inside the "flesh". The only drawback is that it is difficult to find a way to eat. The best way to do this is Grate orange peel. The baked can add or add to cereal and yogurt meals.

9. Peppers stimulate coagulation.

While most people use as a spice and not as a complete food, peppers (spicy in particular) can do wonders to promote coagulation of the blood on the wounds. According to some experts, you can even sprinkle some cayenne pepper in a wound to get their benefits.

10. Onions are ridiculously healthy.

Of course they can make you mourn and make your breath smell terrible, but you must forgive all this. Onions contain more than 100 sulfur compounds which give a number of health benefits such as prevention of asthma and some cancers. You do not have to eat it raw, you can combine it with other foods.



11. Pineapples are bad for your taste buds.

Pineapples contain an enzyme called bromelain that breaks down proteins in the mouth, that is, on your palate. After eating a pineapple your palate will be less sensitive, and will continue until your mouth heals itself (takes about a day). But still, the pineapple is a great fruit for your health. We recommend cutting a piece of pineapple and store in the fridge for a while before eating enzymes to break down and the effect is weaker.

12. An apple can wake up better than a cup of coffee.

If you are low on energy, good advice is to eat an apple. Thanks to its high content of carbohydrates, vitamins, and minerals, an apple can give you a steady supply of nutrients to help maintain energy throughout the day.

