



<https://youtu.be/Q82Hg6jblx0>

Why should you eat fruit daily?

*A diet rich in vegetables and fruits lower blood pressure, reduce the risk of heart disease and stroke, prevent some types of cancer, lower the risk of eye and digestive problems, and have a positive effect on blood sugar, which can help keep your appetite in check.

*Although all fruit is healthy there's no single fruit or vegetable that provides all the nutrients, you need, so it's important to eat a wide variety.

What is the king of fruits in Sri Lanka?

Durian is the king fruit widely available in many tropical countries. Sri Lanka also produces durian and it is available only in the season from July-August.

Ambilla or embilla an unknown fruit, is one of those miraculous Sri Lankan fruits.

Belonging to the family of Phyllanthaceae, also known as Wild Cherry native to Sri Lanka

Fruit provides many essential nutrients that often are under-consumed, including vitamins C and A and folate, as well as potassium and dietary fiber.

Eating more fiber-rich, low-calorie fresh fruit in place of higher-calorie foods can help decrease your overall calorie intake.

Fruits have many essential nutrients that many people don't get enough of. Some examples include potassium, fiber, vitamin C, and folate.

While most fruit is healthy and nutritious, a diet that almost solely relies on fruits will be deficient in nutrients, including protein, iron, calcium, vitamin B (including vitamin B12) and D, zinc, and omega-3 fatty acids.

Citrus fruit - including oranges and grapefruit. red and green peppers contain all vitamins. Fruit is an excellent source of vitamins, antioxidants, and fiber. Eating a diet made up mostly of fruit, however, can result in nutrient deficiencies and serious health problems. A fruit diet is low in protein, for example, and it can lead to spikes in blood sugar.

14 Best Low-Calorie Fruits, according to Nutritionists are-

Raspberries. Calories per serving: 65 calories per 1 cup. ...

Mango. Calories per serving: 99 calories per 1 cup. ...

Cherries. Calories per serving: about 80 calories per 1 cup without pits. ...

Strawberries. Calories per serving: 47 calories per 1 cup (whole) ...

Other low-calorie fruits are-Cantaloupe. ...Grapes. ...Oranges. ... and Pears.

Adults should eat at least 1 ½ cups of fruit every day. However, a “fruitarian” diet, in which you eat almost nothing but fruit, can keep you from getting enough nutrients from other foods as mentioned earlier. Experts recommend that 25%-30% of your diet be made up of fruit.

Many fruits are good sources of vitamin C, which maintains the health of our skin, cartilage, and blood vessels. Citrus fruits and strawberries are among the best sources of vitamin C.

Many dark gold or orange fruits are rich sources of beta-carotene. Our bodies use beta-carotene to make vitamin A to maintain the health of our skin and tissues. Cantaloupe, apricots, grapefruit, watermelon, peaches, plums, and many other fruits are rich sources of beta-carotene.

Some fruits, including strawberries and oranges, are good sources of folate, which is important for red blood cell development. Consuming adequate folate/folic acid reduces the risk of neural tube defects, including spina bifida and anencephaly.

Women of childbearing age should consume 400 micrograms of synthetic folic acid from fortified foods or supplements in addition to intake from foods. Some research suggests that folate also may play a role in decreasing the risk for heart disease, depression, and dementia.

Diets rich in potassium can help maintain or reduce blood pressure. Bananas, prunes, dried peaches, apricots, cantaloupe, and honeydew melon are rich sources of potassium. ½ of a papaya 390mg of potassium. Jackfruit is a rich source of potassium, with 303 mg found in 100 g of jackfruit. Guava fruits are amazingly rich in antioxidants, vitamin C, potassium, and fiber.

Health experts consider mangoes to contain medium to high amounts of potassium. A 165-gram (g) cup of raw mango provides 277 milligrams (mg) of potassium or 5.89% of an adult's daily needs. The content of fiber, potassium, and vitamins in mangoes helps keep the arteries working and reduces the risk of heart disease.

Pomegranates are high-potassium food. Pineapple fits a low potassium diet plan with 125 mg potassium for 1/2 cup frozen or canned (chunks or crushed), 2 rings, or 3/4 cup fresh. Pineapples are very low in sodium and phosphorus, high in vitamin C, and contribute 1 gram of fiber per serving. Avocados are high in potassium.

So, all high-potassium fruits are good to lower your blood pressure.

FIBER-Rich fruits are nutrient-rich.

Fruits and veggies are packed with fiber, especially bright fruits that have edible peels (which you should be eating, as that's where the fiber is). Get a variety of fruits, such as apples, and kiwis. Aim for between 25g and 38g of fiber a day, but start slowly if you're not there yet.

Eating enough fiber can help with weight management, and can help prevent chronic diseases, including heart disease and diabetes. Many fruits provide “soluble fiber” that can help reduce blood cholesterol levels and decrease the risk of heart disease when paired with an overall healthful diet. Fiber-rich foods help give you a feeling of fullness while providing fewer calories. Adequate fiber in your diet may reduce constipation and promote healthy gut bacteria.

How do fruits benefit cardiovascular health?

There is compelling evidence that a diet rich in fruits including vegetables can lower the risk of heart disease and stroke.

A meta-analysis of cohort studies following 469,551 participants found that a higher intake of fruits and vegetables is associated with a reduced risk of death from cardiovascular disease, with an average reduction in risk of 4% for each additional serving per day of fruit and vegetables.

The largest and longest study to date, done as part of the Harvard-based Nurses' Health Study and Health Professionals Follow-up Study, included almost 110,000 men and women whose health and dietary habits were followed for 14 years.

Let's talk about the fruits that diabetics should avoid. Which fruits are bad for blood sugar?

Fruits with a high GI ranging between 70 to 100 contain high sugar content. Such fruits include watermelon, ripened banana, pineapple, mango, lychee, and dried

dates. These fruits can cause blood sugar spikes and must be avoided.

Some fruits can lower your blood sugar level.

Citrus fruits like lemons, limes, and grapefruit.

They're considered low-glycemic fruits, which are excellent for people with diabetes.

They're also a good source of fiber, vitamin C, minerals, healthy antioxidants, and eating them regularly can help you regulate your blood sugar better.

Still, if you take insulin and your blood sugar is controlled, such diabetics can enjoy high GI fruits provided they take a few extra units of insulin more than the daily amounts.

Your hair and nails need vitamins and minerals from fruits and vegetables to stay strong and healthy. If you don't get enough, your nails might become brittle, and your hair may turn dull and dry. According to research, your hair and nails need antioxidants, vitamin A, vitamin E, biotin, iron, and other nutrients to grow, and fruits and veggies are often high in these vitamins, antioxidants, and iron (leafy greens are packed with iron!).

So, viewers, fruits are essential foods that you should consume daily for good health and well-being. Choose low-calorie and low-sugar-containing fruits.

I hope this video article was useful. Stay safe and goodbye for now.