

Health benefits of fruits and vegetables

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We live in modern life and most of our foods and ingredients were bought at the grocery store the shelves are filled with processed food with preservatives and enhanced additives that sometimes we did not where it came from.

Due to busy workdays, we also rely on take-outs and fast food like McDonald's and Jollibee. Burgers and fries are easy to munch while working. But thinking about it, this type of diet is troubling. No wonder the rates of obesity, heart disease, diabetes, and other metabolic diseases have increased steadily over the last few years. It's time to include a spread of fruits and vegetables into your diet, to avoid being part of these statistics.

You can start bringing your diet more in line with nature, and that means eating more fruits and vegetables.

Here are some advantages why you should incorporate fruits and vegetables in your diet.

Fruits and vegetables are a great source of vitamins and minerals. You won't find a better nutritional source than fruits and veggies, which are packed with vitamins A, C, and E, as well as magnesium, zinc, phosphorous and folic acid. For potassium, one of the most important minerals for your health, eat plenty of avocados, sweet potatoes, bananas, prunes, and even tomato paste puree.

Incorporating fruits and vegetables into your menu, you will also get to enjoy a variety of flavors and textures. With all their unique and interesting flavors, plant-based foods let you get creative in the kitchen. You can try strong flavors like onions, olives, and peppers, or milder options such as mushrooms and corn. For sweet flavors, fruits like pineapple, grapes, or plums are great, while lemons and grapefruits are sourer.

Vegetables and fruits provide lots and lots of fiber. Most fruits and vegetables have plenty of fiber to fill you up and boost gut health, but some have more than others. Fiber-rich vegetables include artichokes, green peas, broccoli, and cauliflower. High-fiber fruits include raspberries, pears, apples, and pumpkin.

It is also low-calorie and low-fat. On average, fruits and especially vegetables are very low in calories and fat, which means you, can eat more to keep you feeling full without worrying about extra calories or fat. You can save more than 200 calories by eating half a cup of grapes versus a fourth of a cup of M&Ms. That said, there are exceptions, such as avocados, olives, and coconuts.

Fruits and vegetables help you maintain good health. Because they're low in saturated fat, salt, and sugar, fruits and vegetables are part of a well-balanced diet that can help you lose weight or prevent weight gain. Plus, they can help you decrease inflammation and lower cholesterol levels and blood pressure.

Combining fruits and vegetables into smoothies is the best idea for your picky kids. All you need is fruit and ice to whip up a delicious smoothie using all of your favorite flavors you can whip some spinach or 'malunggay' on it and you can't tell the difference.

Eating fruits and vegetables is a great way to improve your health and enjoy what you eat. While it may take a little creativity, effort, and an open mind to try new things, switching to a diet with more fruits and veggies is worth it!/PN