

## Not so fruity rules: Get maximum benefits when consuming fruits

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Incorporating fruits into your daily diet is a healthy lifestyle practice. Rich in sucrose, fructose and glucose, fruits provide the body with essential energy and nutrients for immunity. They also contain a variety of vitamins, minerals and enzymes each with its own unique benefits. However, it's not just about consuming fruits. There are certain rules one must follow to maximise the benefits of consuming them. Whether you are trying to improve your diet or just looking to make some healthy changes, these rules will help you make the most of your fruit intake.



“All fruits are extremely healthy, but it is advisable to eat fruits that are local to you. Contrary to the belief that imported fruits might be healthier, these fruits are plucked much before they are ripe, thus diluting their nutritional value. Additionally, once they arrive at the markets, they are sprayed with chemicals to quickly and unnaturally ripen them. The best way to escape this — consume local fruits,” says Tanisha Bawa, nutrition coach.

While fruits can be eaten at any time of the day, there are also best ways and time to consume fruits where you can reap the maximum nutritional value and health benefits.

### EAT FRUITS AS A WHOLE

Eat your fruits as a whole rather than juicing them. When you juice the fruit, you take away the fibre, vitamins, minerals and enzymes. The juice also travels to the stomach rather quickly after its consumption, which leads to a definite spike in your sugar levels from the overload of fructose. It can also increase your uric acid levels, which then lead to many more health complications.

### STOP EATING FRUITS AFTER MEALS

If you are consuming fruits right after your meals, it travels to your stomach and starts decomposing with the foods that are already there from the meal eaten before. As a result, the stomach now needs to produce more acids due to which the fruits decompose quickly, becoming more acidic and losing most of their healthy properties.

### HAVE SOME NUTS BEFORE YOU EAT FRUITS

Nuts will aid in balancing the blood sugar rise from fruits, as they are a source of fat. Therefore, consuming nuts beforehand is a wise thing to do.