# Is it healthy to eat fruits in the morning?

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We have all heard people rave about the benefits of fruits, especially on an empty stomach first thing in the morning. They are good for digestion, skin, hair, metabolism, immunity, etc. However, what we tend to forget is that every person has a specific body type and metabolism. So for some people, having fruits in the morning is a big no, while for others, having fruits to go with breakfast is highly regarded.




KNOW YOUR FRUITS

Every fruit has a variety of enzymes and acids that could react with bacteria in the gut and do either good or bad, depending on the person's symptoms. Dr Dimple Jangda, an Ayurvedic gut health expert, urges all to have an understanding of the fruits you consume before you put them on your plate. She wrote in her Insta post, "All fruits contain active enzymes and fruit acids like citric acid, tartaric, fumaric, oxalic acid, and malic acid that react quickly with the lactic acid in dairy products and don't mix well with vegetables, grains, or meat, creating undigested metabolic waste."

WHO SHOULD AVOID OR TAKE FRUITS IN THE MORNING?

People having the belowmentioned symptoms should either take fruits or keep them away from their breakfast, as per the expert.

Avoid fruits: Skip fruits in the morning on an empty stomach if you have symptoms like acidity, burning sensations, or Kapha-related symptoms like cold, cough, sinusitis, allergies, asthma, hay fever, lung congestion, bronchitis, diabetes and weight gain.

Have fruits: Eat fruits if you have symptoms like constipation, dry rough skin, dry frizzy hair, weak digestion and a weak metabolism. Fruits enhance your gut bacteria and stimulate your digestive juices. In fact, you must have stewed fruits (stewed with water, cinnamon, cloves and pepper) to aid digestion and release constipation symptoms.

Remember: Ensure to eat or leave your fruits alone! Fruits must not be mixed with vegetables, dairy, grains, poultry or meat as they can turn toxic. However, you can have mixed fruits with dry fruits as they belong to the same family.

ADVANTAGES OF HAVING FRUITS IN THE MORNING

If you are someone who can have fruits for breakfast, here are some benefits you can reap.

Best detox foods: Our body undergoes a detox process from 7–11am. Fruits will add to the energy of this process, unlike the anti-detox foods containing a lot of fat.

Metabolism boost: Fruits are the most easily digestible foods of all. Having them first thing in the morning boosts metabolism rates for the rest of the day due to the influx of natural fruit sugars.

Wakes up your body: Your body is in dire need of natural fruit sugars right after you wake up. Try swapping your espresso shot for a plate of natural goodness, such as a smoothie, to keep your brain nimble and energised.

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