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Juicy fruit gum nutrition information

Many frozen fruits and veggies are actually more nutritious than their fresh counterparts. (Studies show that heat and light destroy nutrients; frozen fruits and vegetables bypass this problem because they are flash frozen, right after harvest.) In terms of taste and texture, you have to go through a little trial and error. Some brands, and some vegetables or fruits within brands, are better than others. My personal favorite: Trader Joe's Haricots Verts (thin green beans), all cascading farm berries, boxed Green Giant Spinach, and Birds Eye New Baby Peas. Here, the cold truth about nutritious frozen foods: Frozen fruit (unsweetened) Blackberry Calories per cup: 97 Nutrition highlights per cup: Excellent source of fiber (8 g), frozen blackberries will help you achieve your daily requirement (25 g for women and 38 g for men). Blueberries Calories per cup: 79 Nutrition highlights per cup: A good source of fiber (4 g). In addition, they are a rich source of antioxidants, which are associated with reducing blood clots and improving memory. Peaches Calories per cup: 107 Nutrition highlights per cup: Lots of vitamin C (236 mg), plus 4 grams of fiber and 443 mg of potassium. Strawberries Calories per cup: 77 Nutrition highlights per cup: Good source of fiber (4 g), with 91 mg of vitamin C. Vegetables Baby Lima Beans Calories per cup: 217 Nutrition highlights per cup: generous 10 g fiber and 741 mg potassium (21% of daily recommended amount). Plus, 57 mg of calcium. Broccoli Calories per cup: 41 Nutrition highlights per cup: 5 grams fiber, 1,605 IU vitamin A (a third of the daily value), 87 mg of calcium. Plus, it's a good source of sulforaphane, a compound that can help prevent cancer. Brussels sprouts Calories per cup: 53 Nutrition highlights per cup: 5 grams of fiber, 96 mg of vitamin C, and a cancer-fighting compound called glucosinolates. Butternut squash Calories per cup: 148 Nutrition highlights per cup: Double the daily value of vitamin A,* with 551 mg of potassium. Cauliflower Calories per cup: 32 Nutrition highlights per cup: It offers the full daily value of vitamin C and contains a cancer-fighting compound called S-methylmethane thiosulfonate. Pea Calories per cup: 111 Nutrition highlights per cup: 5 grams of fiber and 50% of the recommended daily value for vitamin C. Plus, it's an excellent source of lutein and zeaxanthin (antioxidants associated with the prevention of eye diseases such as cataracts and macular degeneration). * Vitamin A in fruits and vegetables comes from safe sources of beta and alpha carotene, so it's ok to have more than the recommended daily value. This content is created and maintained by a third party and imported to this page to help users provide their email addresses. You may be able to find more information about this and similar content on the piano.io In order to encourage retail outlets that sell raw fruits, vegetables and fish to participate in the voluntary point-of-purchase nutrition information program (21 CFR 101.42 to 101.45), the FDA has created print posters. These posters show nutrition information for the 20 most commonly consumed raw fruits, vegetables and fish in the United States. Retail stores are welcome to download posters, print, display and/or distribute to consumers in close proximity to relevant food in stores. The list of foods with nutrition information reflects updates published in the Federal Register of 17. The FDA also encourages consumers to view posters. The text (html) version is also available for viewing online. To print posters, select the poster size that is appropriate for your printer. 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Written by SaVanna Shoemaker, MS, RDN, LD - Updated on August 23rd, 2019NutritionBenefitsDownsidesUsesBottom line We replace products we think are useful to our readers. If you buy through the links on this site, we can earn a small commission. Here's our process. Jujube fruit, also known as red or Chinese date, is native to South Asia but has become popular around the world. These small round fruits with a pit containing seed grow on large flowering shrubs or trees (Ziziphus jujuba). When they are ripe, they are dark red or purple and may appear slightly wrinkled. Due to their sweet taste and chewy texture, they are often dried and used in candies and desserts in parts of Asia where they commonly grow. In alternative medicine, they are widely used to improve sleep and reduce anxiety. This article will tell you everything you need to know about jujube fruit, including its nutrition, benefits and use. PinterestJujube's fruit share is low in calories, but rich in fibre, vitamins and minerals. 3-ounce (100-gram) portions of raw jujube, or about 3 fruits, provides (1, 2):Calories: 79Protein: 1 gramFat: 0 gramCarbons: 20 gramsFiber: 10 gramsVitamin C: 77% daily value (DV)Potassium: 5% of DVDue for their high fiber content and low number of jujubes make excellent, healthy snacks. They contain a small amount of several vitamins and minerals, but are particularly rich in vitamin C, C, vitamin with antioxidant and immune properties (3). They also contain a fair amount of potassium, which plays an important role in controlling muscle and electrolyte balance (2). In addition, jujube fruits contain carbohydrates in the form of natural sugars that provide your body with energy. However, dried jujubes, which are more often consumed and used for cooking in many parts of the world, are much higher in sugar and calories than fresh fruit. During drying, sugars in fruit are concentrated and additional sugar may be added during processing. Summary Jujube fruits are low in calories and high in fiber. They also offer several vitamins and minerals, including vitamin C and potassium. Jujube fetuses have long been used in alternative medicine to treat conditions such as insomnia and anxiety. Animal studies and tubes suggest that fruit can offer impressive health benefits for your nervous system, immunity and digestion. Rich in antioxidantsJujube fruits are rich in several antioxidant compounds, mainly flavonoids, polysaccharides and triterpenic acids. They also contain high levels of vitamin C, which acts as an antioxidant as well (4). Antioxidants are compounds that can prevent and reverse damage caused by excess free radicals (5). Free radical damage is considered a major contributor to several chronic conditions, including type 2 diabetes, heart disease, and some cancers (5, 6, 7). Due to their ability to fight free radicals, antioxidants can offer several health benefits. One animal study found that the antioxidant activity of jujube flavonoids helped reduce stress and inflammation caused by damage to free radicals in the liver (8). In fact, most of the benefits of jujube fruits are attributed to their antioxidant content. Can improve sleep and brain functionJujubes are widely used in alternative medicine to improve sleep quality and brain function. Emerging research suggests their unique antioxidants may be responsible for these effects. Jujube fruit and seed extracts were found to increase sleep time and quality in rats (9, 10). Also, fruit is often prescribed by alternative medicine practitioners to reduce anxiety. In addition, studies in animals and tubes suggest that it can improve memory and help protect brain cells from damage from nerve-destroying compounds (4). Research on mice even suggests that jujube seed extracts may help treat dementia caused by Alzheimer's disease. This means that the seeds themselves are not usually one (11, 12, 13, 14). More human research is needed to fully understand how jujube extract can affect your brain and nervous system. It can strengthen immunity and fight cancer cellsJujube can strengthen immunity and fight the growth of cancer cells. One study in the study noted that jujube polysaccharides, which are natural sugars with antioxidant properties, can ward off free radicals, neutralize harmful cells and reduce inflammation Reduced levels of inflammation and free radicals can help prevent chronic diseases, diseases, type (16). Another study found that jujube lignite, a type of fiber with antioxidant properties, promoted the production of immune cells and increased the rate at which these cells neutralized harmful compounds (17). In a study in rats, jujube extract strengthened immune cells called natural killer cells, which can destroy harmful intruder cells (18). Jujube fruit is also rich in vitamin C, which is thought to have strong antican cancer properties. One study in mice found that high-dose vitamin C injections killed thyroid cancer cells (3, 19). Plus, test-tube studies have found that jujube extracts kill several types of cancer cells, including ovaries, cervix, breast, liver, colon, and skin cancer cells (20, 21, 22, 23). Researchers believe these benefits are primarily the result of antioxidant compounds in fruit. Still, most of these studies have been done on animals or test tubes, so more research on humans is needed before any firm conclusions can be drawn. Can improve digestionJujube's high fiber content can help improve digestion. About 50% of the carbohydrates in fruit come from fiber, which is known for its beneficial digestive effects (1, 2, 24, 25). This nutrient helps to soften and add bulk to the stool. As a result, it accelerates the movement of food through the digestive tract and reduces constipation (26, 27, 28). What's more, jujube extracts can help strengthen the lining of the stomach and intestines, reducing the risk of ulcer damage, injury, and harmful bacteria that can reside in your gut (29). In one study, jujube polysaccharide extracts strengthened the intestinal lining of rats with colitis, which improved their digestive symptoms (29). Finally, fiber in jujuba can serve as an assessment for your beneficial gut bacteria, allowing them to grow and overtake harmful bacteria (24). Summary Jujubes are rich in antioxidants. Animal and tube studies found that fruit extracts improved brain function, immunity and digestion. However, more research is needed on humans. For most people, jujube fruit is safe to eat. However, if you are taking the antidepressant medication venlafaxine or other serotonin-noradrenaline reuptake inhibitors (SSNRIs), you should avoid jujub, as this may interact with these drugs (30). In addition, one study in mice found that fruit extract can enhance the effects of certain seizure drugs, including phenytoin, phenobarbitone and carbamazepine (31). If you are taking any of these medications, you may want to discuss possible concerns with your health care provider before adding jujube fruit to your diet. Summary While jujube fruits are generally safe, they can interact with seizure medications phenytoin, phenobarbitone, and carbamazepine, as well as the antidepressant venlafaxine and other SSNRIs. Jujube fruits are small and sweet. Dried, have a chewy texture and taste similar to dates. When raw, these fruits have a sweet, apple-like flavor and can be one as Snacks. They They pit with two seeds, which should be removed before meals. Dried jujubes are also commonly sold for use in desserts, or be single themselves as confectionery, especially in Asia. Still, keep in mind that dried fruit is higher in calorie content than fresh. They are also a concentrated source of sugar, so you should limit them in your diet. What's more, jujube vinegar, juice, marmalade and honey are common in some parts of Asia.While fruits can be hard to find in grocery stores in the United States, some specialty foods can carry and related products. You can also purchase dried jujubes online. Summary Jujube fruit can be eaten raw as a snack. Dried jujubes are high in sugar and should be restricted in your diet. Jujube fruits, also known as red or Chinese dates, are low in calories and rich in fiber and other nutrients. Due to their antioxidant content, they may offer some health benefits, but more human research is needed. You should avoid fruit if you are taking venlafaxine or some anti-seizure medicines. Although both fresh and dried jujubes are very nutritious, keep in mind that dried ones are higher in sugar and calories per serving, so they are best enjoyed in moderation. Moderation.

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