



The benefits of pears - Top 8 useful properties

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Abstract. The article discusses the main properties of a pear and its impact on the human body. A systematic review of modern specialized literature and relevant scientific data was carried out. The chemical composition and nutritional value of the product are indicated, the use of pear in various types of medicine and the effectiveness of its use in various diseases are considered. The potentially adverse effects of pear on the human body under certain medical conditions and diseases are analyzed separately.

Keywords: pear , benefit, harm, beneficial properties, contraindications

The mild sweet pear has amazing health benefits. It contains a lot of fiber, and as part of a balanced diet, it reduces weight and the risk of getting cancer. Doctors also advise people with diabetes and heart disease to eat it. Still doubting that the fruit is worthy of praise? We have collected for you its main useful properties, as well as recommendations for use.

The calorie content of a pear does not exceed 57 kcal per 100 g. It has less fructose than an apple, but it is much sweeter. And there is more fiber in the pulp than in a glass of cabbage. From one fruit, we can get more than 20% of the recommended daily intake of dietary fiber. In addition, fruits have a low glycemic index, so they do not cause a spike in blood sugar levels.

Top 8 Benefits of Pear for Health and Beauty

1. Promotes the proper functioning of the stomach and intestines

Eating one fruit a day will keep your entire digestive system healthy. Fiber prevents constipation. And the pectin contained in the fruits plays the role of prebiotics for beneficial intestinal bacteria - it increases their population and improves immunity, promotes healthy aging. ^[12]

2. Takes care of the heart

Since pears are rich in fiber and potassium, they neutralize excess sodium. Meanwhile, anthocyanins, which give the fruits a ruby red hue, improve heart health and strengthen blood vessels, while quercetin and other antioxidants reduce the stiffness of heart tissue and lower bad cholesterol. Studies have shown that in order to obtain positive effects, it is enough to eat at least 80 g of pulp per day (1/2 of a medium pear) per day. At the same time, every 25 g of fruit reduces the risk of stroke by 9%. ^[3, 4, 5]

3. Has anti-cancer properties

Fruits cannot replace treatment, but prevent cancer due to the high level of antioxidants. An important function is performed by anthocyanins, cinnamic acid. Chemical compounds counteract free radicals, protect cells from damage, reduce the risk of lung, stomach, urinary, breast, ovarian cancer and even neurodegenerative diseases such as dementia. ^[6]

4. Prevents inflammation from developing

Ripe fruits are rich in flavonoids, which help fight inflammation and reduce the risk of developing serious diseases. They also contain copper, vitamins K and C. The ingredients complement each other and reduce inflammatory markers called C-reactive protein. ^[7, 8]

5. Reduces the risk of getting diabetes

Juicy pears, especially red varieties, contain many anti-diabetic substances. Some of them are only in the peel, so you should not throw it away. Fiber slows down digestion, giving the body more time to break down and absorb carbohydrates. This allows you to regulate and control your blood sugar levels. A study has shown that to protect against diabetes by 23%, you need to eat at least five red fruits per week. ^[9]

6. Helps to lose weight

Low-calorie, rich in dietary fiber and water, pears contribute to rapid satiety and weight loss. Women who eat three small fruits daily lose weight faster and improve cardiovascular health, as evidenced by research. ^[ten]

7. Removes toxins

Regular bowel movements play a major role in removing toxins from the bile. Pears contribute to this process - the effect is provided by the optimal combination of fiber and fructose. Smoothies with detox fruit will help you recover after holiday dinners. The drink can also be a great daily snack. ^[eleven]

8. Improves the condition of hair and skin

All varieties contain vitamin A - one of the most valuable components for maintaining the health and beauty of the skin, hair, nails. Its action is complemented by zeaxanthin and lutein, which are involved in many enzymatic reactions. Useful substances help maintain youth, reduce age spots and wrinkles.

To whom pears are contraindicated: harm and adverse reactions

Pears contain fructose and sorbitol, natural sugars that some people find difficult to digest. They cause gas, bloating, pain, and diarrhea in those suffering from irritable bowel syndrome (IBS). Some varieties cause constipation if taken before meals and have a laxative effect if eaten after meals.

Pears are the least allergenic of all fruits. Negative reactions appear occasionally in those who suffer from an allergy to birch pollen. Symptoms usually develop within minutes and may include itchy mouth and throat, coughing, and red patches on the skin.

How many pears should you eat every day?

Three fruits a day can be part of a healthy diet if there are no contraindications. Most nutritionists still argue that 1-2 fruits are enough to meet the needs of the body. It is important that they are ripe, without rotting. Strange imperfect shapes, scratches and yellow spots from impacts are not dangerous - they are a product of nature, not a factory.

How to eat pears to lose weight and improve health?

By snacking on fresh sweet fruit, you can satisfy your sugar cravings and benefit your digestive tract at the same time. Fragrant slices can be eaten with nuts, nut butter, prosciutto, cheeses. They are easy to add to oatmeal, smoothies, arugula salads.

Pears pair especially well with chicken, pork, cinnamon, nutmeg, lemon, and chocolate. Chefs add them to roasts with bell peppers, onions and zucchini, use them as pizza toppings to add lightness and sweetness. Popular cooking methods include frying, poaching. Whatever cooking method you choose, don't cut off the skin to get more nutrients.

Expert comment

Tatyana Eliseeva, nutritionist, nutritionist

Overall diet is the most important dietary factor in disease prevention and health improvement. It is better to eat a varied diet than to concentrate on individual foods and sit on a pear mono-diet. Fresh, bright pears with a firm texture and rich flavor make for a healthy dessert that never disappoints or hurts your figure.

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Received 20.10.2021

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