



Plum Juice - 10 Scientifically Proven Health Benefits

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Abstract. The article discusses the main properties of plum juice and its effect 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 drink are indicated, the use of plum juice in various types of medicine and the effectiveness of its use in various diseases are considered. The potentially adverse effects of plum juice on the human body under certain medical conditions and diseases are analyzed separately.

Key words: plum juice , useful properties, contraindications, composition, calorie content

Plum juice, despite its pleasant taste and aroma, is not as popular as fresh fruit juices. And absolutely in vain! It is known that every morning the Queen of England begins with two plums, which she eats before breakfast. Perhaps this is precisely the secret of the longevity of the famous august person. This is not at all surprising, because the fleshy fragrant fruit contains many useful vitamins and minerals.

Composition and calories

Plum juice has a fairly low calorie content (100 grams of fresh plums contains only 46 kcal). It contains a lot of water (87.2%), a minimum of fat (0.28%) and a small amount of carbohydrates (11.4%). ^[1] This unique composition allows people who strictly monitor their weight to consume the drink, as well as include it in healthy nutrition systems and a variety of diet menus.

Fresh [plums](#) are rich in numerous vitamins and microelements. In addition to the standard vitamin C, calcium and iron, it contains a large amount of:

- beta-carotene - a powerful antioxidant responsible for the health of the skin and eyes;

- potassium - contributes to the stabilization of the nervous system and blood pressure, stabilizes the amount of sugar in the blood, removes excess water and salt from the body; ^[2]
- phosphorus - ensures the full growth of bone tissue ^[3], stabilizes the work of muscles and the central nervous system;
- lutein and zeaxanthin - natural organic pigments, antioxidants responsible for visual acuity and preventing the development of various eye diseases. ^[four]

The pulp and peel of plums of dark varieties are especially rich in useful substances. This fact must be taken into account when selecting fruits for the independent production of a future aromatic drink.

Top 7 Health Benefits of Plum Juice

Numerous studies have proven that regular consumption of natural plum juice helps to solve many health problems without the additional use of pharmacological agents.

1. Reduces blood pressure

Anthocyanins, natural pigments found in fresh plum juice, help to relax the walls of blood vessels and prevent the formation of cholesterol plaques in them. Drinking only one glass of natural fresh plums daily, you can significantly reduce blood pressure without resorting to medications. ^[5]

2. Prevents kidney stones

Plum juice has antibacterial properties, slows down growth and prevents the formation of struvite crystals, which subsequently form sand and stones in the urinary system. The systematic use of fresh plums is an excellent prevention of urolithiasis. ^[6]

3. Slows down the manifestation of cognitive impairment

The product is rich in antioxidants, substances that protect cells from damage, and the body from premature aging. Plum juice helps prevent the development of age-related diseases such as Parkinson's and Alzheimer's diseases, improves memory and brain function in general. ^[7]

4. Boosts Metabolism, Helps Lose Weight

Plums contain a large amount (3 times more than peach) of powerful antioxidants, polyphenols. Studies show that the systematic consumption of delicious plum fresh helps to speed up metabolism, and, accordingly, prevents weight gain. ^[eight]

5. Strengthens bone tissue

A drink squeezed from the pulp of the fruit helps to strengthen bone tissue and even restores bone density. It is recommended as a prophylactic for incipient osteoporosis. ^[9]

6. Has an antiviral effect

Scientists have proven that Japanese plum juice concentrate is an excellent antiviral agent - drinking a delicious sweet and sour drink allows you to easily survive the cold season and even prevent infection of the body with the dangerous influenza A virus. ^[10]

7. Helps improve intestinal motility

The fruit contains a large amount of fiber and sorbitol - act as a natural laxative. Drinking several glasses of delicious sweet and sour fresh every day, you can easily get rid of constipation, improve the smooth functioning of the intestines and lose weight without any problems. ^[eleven]

Contraindications and features of the use of plum juice

Despite the numerous useful properties, plum juice has some contraindications and features of use. In particular, the drink is prohibited for people with individual intolerance to the product. Also, while enjoying another portion of a delicious smoothie, you should remember that it provokes manifestations of flatulence. ^[12] To avoid unpleasant consequences for the body, experts advise adhering to the recommended intake of the drink and avoiding its intake on an empty stomach.

Recommended intake of plum juice for babies and adults

Introducing a new product, in particular plum juice, into the diet of babies should be done with caution, starting with a few drops diluted with water. If there is no negative reaction from the gastrointestinal tract and skin, you can gradually increase the dose, bringing it gradually to 25-30 grams.

To provide the body with a maximum of useful substances and vitamins, children under the age of 7 are recommended to drink about 100 grams of a delicious smoothie daily, teenagers under 16 years old - up to two glasses, adults - about half a liter.

Recommendations for the preparation and storage of a healthy drink

In addition to the fact that many doctors recommend adding healthy fresh plums to the daily diet of kids and adults as a drink that helps eliminate and prevent many health problems, it is also often used in cooking. A variety of sauces for meat and salad dressings, various desserts, etc. are prepared on the basis of fragrant plum juice with an original sweet and sour taste. This fresh juice also serves as an excellent base for making nourishing restorative masks for skin and hair.

Making natural plum juice at home is very simple. It is necessary to take ripe plums, rinse them thoroughly, separate the pulp from the seeds and pass it through a juicer. It is not necessary to remove the skin from the fruit. It contains a large amount of [anthocyanins](#), flavonoids, which give the drink an intense color and help reduce intestinal inflammation. ^[13]

The cake remaining after squeezing is diluted with water, brought to a boil, after cooling, squeezed through gauze or a colander, and the squeezed liquid is combined with juice. If the drink is too concentrated, it is recommended to further dilute it with water in a ratio of 1:1 before drinking. Freshly squeezed juice can be stored in the refrigerator for several days. But in order to preserve the maximum of useful substances and prevent the development of pathogenic bacteria in the drink, it is recommended to subject it immediately after pressing to gentle heat treatment, pasteurization.

The technique involves rapid heating of the juice, preventing it from boiling, pouring into sterile jars, followed by their pasteurization in a water bath for a third of an hour at a temperature of 90 degrees Celsius. Then the container with liquid is hermetically rolled up with lids and can be stored in a cool dark place for up to 1 year.

Expert comment

Tatyana Eliseeva, nutritionist

Natural plum juice is not only a delicious dessert, but also a real storehouse of useful trace elements. Introduce a fragrant sweet and sour smoothie from plums into your family's daily diet and make sure that you can get rid of numerous health problems without using expensive and not always harmless pharmacy products!

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