

Gum - description, benefits, effect on the body and the best sources

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Abstract. When it comes to gum, one involuntarily recalls the trunks of cherries and apricots, along which tree sap flows in amber drops. For us, gum is one of the important components of the diet.

Keywords: gum, general characteristics, daily requirement, digestibility, beneficial properties, signs of deficiency, signs of excess

Products with the highest gum content:

- Oatmeal [1]
- Walnut [2]
- Pear [3]
- Zucchini [4]
- Pumpkin [5]
- Celery
- White cabbage [6]
- Carrot [7]
- Beetroot [8]
- Barley
- Apple [9]
- Orange [10]
- Legumes
- Dried fruits
- Blueberry

General characteristics of gum

As mentioned above, gum is part of tree sap. In fact, it is a polymer of the well-known “fiber” [11]. However, fiber, as a coarser substance, forms the skin of vegetables or fruits. Gum, being its polymer, is present in the pulp.

If we give a conditional definition, then gum is the same fiber, but with a milder effect. The gum contains a large amount of galactose and glucuronic acid, which are an excellent general tonic and replenish the lack of vitamins.

Like fiber, gum helps cleanse the body of waste and toxins. Normalizing the functioning of the gastrointestinal tract, improving the absorption of nutrients by the intestinal walls, reducing cholesterol levels in the blood [12], as well as suppressing excessive appetite - these are all the beneficial effects of gum.

Products containing gum are absorbed into the blood very slowly and gradually. As a result, it promotes weight loss (of course, provided that you do not overindulge in trips to McDonald's).

Daily human need for gum

This question is still the subject of debate among biologists and nutritionists. Each organism is individual.

Firstly, the indicators depend on age. Children 1-3 years old - about 19 grams per day, 4-8 years old - 25 grams.

Further, there is a distinction by gender. Men have a greater need for gum (due to larger body volumes). So, 9-13 years old - 25/31 grams (girls/boys), 14-50 years old - 26/38 grams, 51-70 years old - 21/30 grams per day.

But some researchers are inclined to believe that the amount of gum per day should be calculated based on physical parameters (height, weight). It is logical that if a person is larger than the average, then the need for gum will be greater.

Scientists believe that 100 grams of bread can satisfy the daily requirement for gum. But this point of view is very subjective, since the diet must be varied, and gum must be obtained from different sources.

To convert the daily norm of gum into a specific amount of food, you just need to look at its amount in 100 grams of the product of interest. For example, 100 grams of oatmeal contains 8-10 grams of gum, and blueberries contain about 4 grams.

The demand for gum increases:

- With age (with an increase in body weight);
- during pregnancy [13] (since the body works “for two”, or even more).
Pay attention to how many times the volume of food consumed has increased - the amount of gum consumed should be increased by the same amount;
- with poor metabolism;
- with rapid weight gain.

The need for gum is reduced:

- with age (after 50 years);
- when reducing the amount of calories consumed;
- when consuming gum above the specified norm;
- with excessive gas formation;
- during exacerbation of inflammatory processes in the gastrointestinal tract;
- with dysbacteriosis [14].

Gum absorption

You will probably be surprised to learn that gum (the substance itself) is practically not absorbed in the body. When interacting with water, it forms a jelly-like consistency in the intestines, which slows down digestion.

As a result of this, the feeling of hunger does not occur so quickly, and sugar levels remain at normal levels for a long time. Also, regular consumption of products containing gum helps reduce cholesterol and removes toxic substances from the body.

That is why the daily dose of gum is not recommended to be consumed in one “sitting” - it must be distributed over the whole day.

Beneficial properties of gum and its effect on the body

Gum is an indispensable aid for our gastrointestinal tract, thanks to which nutrients are better absorbed by the body. Gum helps prevent problems such as:

- heart diseases;
- diseases of the gastrointestinal tract;
- diabetes [15];
- obesity [16];
- constipation [17].

Interaction with other elements

Gum interacts well with water [18], forming a jelly-like mass. When consuming large amounts of gum, disturbances in the absorption of calcium [19], magnesium [20] and potassium [21] may occur.

Signs of a lack of gum in the body:

- constipation [22];
- rare stool;
- hemorrhoids [23];
- frequent poisoning;
- problematic skin;
- constant fatigue;
- weak immunity.

Signs of excess gum in the body:

- flatulence [24];
- disorders;
- colic;
- vitamin deficiency [25];
- lack of calcium (hence problems with teeth, hair, nails).

Factors influencing gum content in the body

Gum is not produced in our body, but comes to us only with food. Therefore, if you do not want to have problems associated with its deficiency, you should definitely include foods rich in this substance in your diet.

Gum and beauty

Sufficient consumption of gum is the key to your beauty and the ability to look young and fresh at any age! A balanced diet that includes this substance is one of the secrets of beautiful skin [26], shiny hair and the thin waist of many stars.

Thanks to the cleansing properties of gum, the condition of the skin and hair improves, and metabolic processes are also regulated. The figure becomes slimmer and more chiseled. Gum is a wonderful way to surprise others with its blossoming beauty!

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