

Keep Healthy by Eating Fruit in Winter

Written by Mary-Li



When winter comes, a lot of people may have some bad symptoms, such as dry skin, dizziness and drowsiness. In this case, you will feel relaxed and comfortable if you eat some suitable fruit. Well, what kind of fruit should be eaten in winter? What is the best time to eat fruit? Let's gonna to see it.

In china, traditional medicine divides fruit into three big categories: cold, warm and neutral. The cold includes orange, banana, persimmon, watermelon and so on; the warm includes dates, chestnuts, peach, apricot, pineapple, etc; the neutral includes plum, coconut, hawthorn, apple, etc.

Sugarcane and pear are regarded as the best fruit in winter. Why? First, the pear contains malic acid, citric acid, glucose, fructose, vitamins and so on. It provides with amount of water, it protects your stomach, and it is especially useful for cough and throat sore. In addition, eating pear every day helps to reduce blood pressure. However, pear belongs to cold fruit, so you'd better not eat much, if you have something wrong with your stomach and indigestion. Second,

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sugarcane also contains rich nutrients and is particular helpful for high blood pressure, nausea, vomiting and cough. Similar to pears, you should not eat much sugarcane as it also belongs to cold fruit.

Then, you may want to know what time is the best to eat fruit. Many people think it is better to eat fruit after meal immediately. While, this proves to be wrong. You should know that the eaten fruit is easy to block in the stomach, which can cause some symptoms such as constipation, bad digest function, etc. Because fruit contains more carbohydrates such as glucose and fructose, and this will increase the burden of stomach and Pancreas. In addition, if you are interested in losing weight, you must know eating fruit after meal will lead to fatter.

Therefore, you should not eat fruit after a meal immediately. The best time is one or two hours later. What's more, some fruits can be eaten such as persimmon, when you have nothing in your stomach.

Personally, apple is my favorite. You know, a US study finds eating an apple before lunch can reduce 180 calories quantity of heat, so that you can lose weight quickly. Apples are helpful to prevent getting fat and heart disease. The most enjoyable thing for me is to eat an apple after playing games with my [cheap runescape accounts](#) .

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About the Author

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I am a mmo game fan, especially like runescape and WoW. If you don't have enough time to level up your [cheap runescape accounts](#) , welcome to farmer100 to get ome useful game guides. Furthermore, remember that farmer100 has awesome [runescape accounts for sale](#) with high level. Enjoy your gaming time!