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Dragon fruit is a tropical fruit that has become increasingly popular in recent years. While people primarily enjoy it for its unique appearance and taste, the evidence suggests that it can provide health benefits as well. In this article we look at the dragon's fruit, including its food, benefits and ways to eat it. The share of PinterestDragon fruit grows on the Hylocereus cactus, also known as the queen of Honolulu, whose flowers are open only at night. The plant is native to southern Mexico and Central America. Today it is grown all over the world. It passes under many names, including pitaya, pitaja and strawberry pear. The two most common types have bright red skin with green scales that resemble a dragon - hence the name. The most widely available variety has white pulp with black seeds, although there is a less common type with red pulp and black seeds. Another variety, called the yellow fruit of the dragon, has yellow skin and white flesh with black seeds. Dragon fruits may look exotic, but their aromas are similar to other fruits. Its taste has been described as a slightly sweet cross between kiwi and pear. SUMMARY Dragon fruit is a tropical fruit that is inhabited in Mexico and Central America. Its taste is similar to a combination of kiwi and pear. Dragon fruit contains a small amount of several nutrients. It is also a decent source of iron, magnesium and fiber. Here are the nutritional facts for a serving of 3.5 ounces, or 100 grams (1). Calories: 60Protein: 1.2 gramsFat: 0 gramsCarbs: 13 gramsFiber: 3 gramsVitamin C: 3% from RDI iron: 4% of magnesium RDI: 10% of RDIGiven large amount of fiber and magnesium, as well as extremely low calorie content, dragon fruit can be considered highly nutritious-dense fruit. SUMMARY Dragon fruit is a low-calorie fruit high in fiber and provides a good amount of several vitamins and minerals. Dragon fruits contain several types of antioxidants. These are compounds that protect your cells from unstable molecules called free radicals that are associated with chronic diseases and aging (2). Here are some of the main antioxidants contained in the flesh of dragon fruits (3): Betalains: Found in the pulp of dragon red fruits, these deep red pigments have been shown to protect bad LDL cholesterol from oxidation or damage (4). Hydroxycinnamates: This group of compounds demonstrated anti-cancer activity in in vitro and animal studies (5). Flavonoids: This large, diverse group of antioxidants is associated with improved brain health and a reduced risk of heart disease (6, 7, 8). One study compared the antioxidant properties of 17 tropical fruits and berries. Although the antioxidant ability of the dragon fruit was not particularly high, it was found it is best to protect certain fatty acids from damage by free radicals (9, 10). SUMMARY Dragon Fruit contains several antioxidants that protect your cells from damage. These include betalines, betalines, and flavonoids. Animal studies show that dragon fetuses can provide various health benefits. Many are probably due to its fiber and antioxidant content. Both red and white varieties of dragon fruit have been shown to reduce insulin resistance and fatty liver in obese mice (11, 12, 13). In one study, mice with high-fat diets that received fruit extract gained less weight and reduced fat in the liver, insulin resistance, and inflammation, which were attributed in part to beneficial changes in intestinal bacteria (13). Dragon fruit contains prebiotic fiber, which promotes the growth of beneficial bacteria in the gut - potentially improving metabolic health (14). While this fruit may improve some features of metabolic syndrome - a condition associated with type 2 diabetes - not all effects can be beneficial. In a study on mice on a high-fat, high-carb diet, the group that received dragon fruit juice had better blood sugar reactions and reduced some markers of the liver enzyme, while another marker of the liver enzyme increased significantly (15). In another study, rats with diabetes treatment with extract from fruit had a 35% reduction in malondialdehyde, a marker of free radical damage. They also had less arterial stiffness than the control group (16). The results of a study on the effects of dragon fetuses on type 2 diabetes in humans are inconsistent, and more research is needed to confirm these beneficial effects (17). SUMMARY animal studies show that dragon fetuses can improve insulin resistance, liver fat, and heart health. However, the results of human research are incompatible. Overall, dragon fruit seems to be safe. However, people may develop an allergic reaction in some rare cases. In two cases, women without food allergies developed anaphylactic reactions after consuming a fruit mixture containing dragon fruit. Testing confirmed that they had antibodies against dragon fetuses in their blood (18, 19). It is only two reported allergic reactions at the moment, but other people may be allergic to this fruit without knowing it. SUMMARY To date, two cases of severe allergic reactions to dragon fruit have been reported. While it may look intimidating, dragon fruit is very easy to eat. Here's how to eat dragon fruit: Choose ripe fruit with bright red, evenly colored skin that gives a little when compressed. Use a sharp knife and cut straight through the fruit, slicing it in half. You can use a spoon to eat fruit from the skin or cleanse the skin and cut the pulp into small pieces. Ideas for Serving Dragon Fruit: Just chop it up and eat it Have. Cut it into small pieces and top with Greek yogurt and chopped nuts. Include it in the salad. SUMMARY Dragon fruits are easy to cook and can be enjoyed on your own or paired with other foods in healthy recipes. Dragon fruit is a low-calorie fruit that contain less less and fewer carbohydrates than many other tropical fruits. This may offer some health benefits, but human research is needed to test this. Overall, dragon fruit is unique, incredibly tasty, and can add variety to your diet. Page 2Signed by Brianna Elliott, RD on October 3, 2016Eating fruit on a regular basis can improve health. However, not all fruits are created equal. Some of them provide unique health benefits. Here are the 20 healthiest fruits on earth. The share on PinterestGrapefruit is one of the healthiest citrus fruits. In addition to being a good source of vitamins and minerals, it is known for its ability to help weight loss and reduce insulin resistance. For example, in a study of 91 people, those who ate half of fresh grapefruit before eating lost 2.9 pounds (1.3 kg) more weight than those who did not (1). In the same study, the grapefruit group significantly reduced insulin levels and reduced insulin resistance (1). In addition, it has been shown that eating grapefruit lowers cholesterol and helps prevent kidney stones (2, 3, 4). Bottom line: Grapefruit is very nutritious. Drinking it can reduce insulin resistance, cholesterol and help prevent kidney stones. Grapefruit can also be useful for weight loss. Among the tropical fruits pineapple is a power superstar. One cup (237 ml) of pineapple provides 131% of the benchmark daily intake (RDI) for vitamin C and 76% RDI for manganese (5). Pineapple also contains bromelain, a mixture of enzymes known for its anti-inflammatory properties and ability to digest protein (6). Test tubes and animal studies show that bromelain can help protect against cancer and tumor growth (7, 8). Bottom line: Pineapple is rich in vitamin C and manganese. Its bromelain content can fight inflammation and reduce the risk of cancer. Avocados are different from most other fruits. Most fruits are high in carbohydrates, while avocados are low in carbohydrates and consists mainly of healthy fats. Most fat in avocado oleic acid, monounsaturated fats, are associated with reducing inflammation and improving heart health (9, 10). In addition to healthy fats, avocados are loaded with potassium, fiber and magnesium (11). One whole avocado provides 28% RDI for potassium. Adequate potassium intake is associated with reduced blood pressure and reduced risk of stroke (11, 12). Bottom line: Avocados are rich in healthy fats and potassium, both of which are well known for their role in promoting heart health. Blueberries have powerful health benefits. They have an impressive nutritional profile, being particularly high in fiber, vitamin C, vitamin K and manganese (13). Blueberries are also extremely rich in antioxidants. In fact, it is thought to contain the highest antioxidant content of the most commonly consumed fruit (14). Antioxidants in blueberries may reduce the risk of chronic diseases such as heart disease, diabetes and Alzheimer's disease are also known for their powerful effects on the immune system. One study found that eating blueberries regularly can increase the body's natural killer cells. They help protect you from oxidative stress and viral infections (16). In addition, antioxidants in blueberries can have a protective effect on your brain. For example, blueberry consumption has been shown to improve memory in older adults (17, 18 years old). Bottom line: Blueberries are rich in several important nutrients. They have a high antioxidant ability and immune properties that can protect the body from disease. Apples are some of the most popular fruits and have also proven to be incredibly nutritious. They contain large amounts of fiber, vitamin C, potassium and vitamin K. They also provide some B vitamins (19). Studies show that antioxidants in apples can promote heart health and reduce the risk of type 2 diabetes, cancer and Alzheimer's disease (20, 21, 22, 23). Antioxidant activity in apples has also been associated with increased bone density in animal and test tube studies (24). Another notable health advantage for apples is their pectin content. Pectin is a prebiotic fiber that nourishes good bacteria in the gut and helps improve digestion and metabolic health (25, 26). Bottom line: Apples are very nutritious. Their nutrients, antioxidants and fiber can reduce the risk of disease and improve digestion. Pomegranates are some of the healthiest fruits that you can eat. Not only are nutrients dense, they also contain powerful plant compounds that are responsible for most of their health benefits. The level of antioxidants in pomegranate has been shown to be three times higher than that of green tea and red wine (27). Studies have also shown that pomegranates have anti-inflammatory effects and can help reduce the risk of cancer (28, 29, 30). Bottom line: Pomegranates have broad health benefits. They are incredibly high in antioxidants and other plant compounds that can help reduce inflammation and prevent disease. Mangoes are an excellent source of vitamin C.They also contain soluble fiber that can provide many health benefits. In addition, mango has strong antioxidant and anti-inflammatory properties that can help reduce the risk of disease (31, 32). In animal studies, plant compounds in mangoes have been shown to protect against diabetes (31, 33). Bottom line: mango contains vitamin C and soluble fiber. They also contain plant compounds with antioxidant and anti-inflammatory effects. Strawberries are very nutritious. Their contents are vitamin C, manganese, folic acid and potassium where they really shine (34). Compared to other fruits, strawberries relatively low glycemic index. Eating them should not cause a big spike in blood sugar (35, 36). Like other berries, strawberries have a high antioxidant ability, which can reduce the risk of chronic diseases (37), animals and Studies have shown that strawberries can also help prevent cancer and tumor formation (38, 39). Bottom line: Strawberries are rich in several nutrients and antioxidants. Eating them can help control blood sugar levels and reduce the risk of certain diseases. Cranberries have impressive health benefits. They have an excellent nutritional profile, being rich in vitamin C, manganese, vitamin E, vitamin K1 and copper (40). They also contain a significant amount of antioxidants called flavanol polyphenols, which can improve health (41, 42). What makes cranberries unique from other fruits is that their juices and extracts help prevent urinary tract infections (43, 44). A-Type proanthocyanidins are compounds believed to be responsible for this effect, since they can prevent bacteria from joining the lining of the bladder and urinary tract (43, 44). Bottom line: Cranberries are rich in several nutrients and antioxidants. They also contain beneficial plant compounds that help prevent urinary tract infections. Lemons are very healthy citrus fruits, known for their high vitamin C content. They can be particularly helpful in promoting heart health due to their potential to reduce blood lipids and blood pressure (45, 46). Based on animal studies, the researchers also hypothesized that plant compounds in lemons may help prevent weight gain (47, 48). Other studies show that citric acid in lemon juice has the ability to treat kidney stones (49). Bottom line: Lemons are rich in vitamin C and other plant compounds that can promote heart health, increase weight loss and help prevent kidney stones. Durian was nicknamed the king of fruit. One cup (237 ml) of durian provides 80% RDI for vitamin C (50). It is also rich in manganese, B vitamins, copper, folic acid and magnesium (50). In addition, durian contains several healthy plant compounds that function as antioxidants (51). Bottom line: Durian is rich in nutrients and plant compounds that can provide some promising health benefits. Watermelon is high in vitamins A and C. It is also rich in some important antioxidants including lycopene, carotenoids and cucurbitacin E. Some of the antioxidants of watermelon have been studied for their anti-cancer effects. Consumption of lycopene is associated with a reduced risk of developing cancer of the digestive system, while cucurbitacin E can inhibit tumor growth (52, 53). Consumption of lycopene-rich foods can also contribute to heart health due to their ability to lower cholesterol and blood pressure (52). Of all the fruits, watermelon is one of the most It consists of 92% water, which can help you feel fuller (52). Bottom line: Watermelon high in water, nutrients and antioxidants. It is also particularly high in a powerful antioxidant called lycopene. How to cut: WatermelonOlives are a good source of vitamin E, iron, copper and calcium. They also provide a lot of antioxidants, antioxidants, can help prevent heart disease and liver damage, as well as have anti-inflammatory effects (54, 55, 56). Like avocados, olives contain oleic acid, which can provide a number of benefits to heart health and cancer prevention (57, 58). In addition, animal studies have linked some plant compounds in olives to a reduced risk of osteoporosis (59). Bottom line: Olives contain a variety of vitamins, minerals and antioxidants. This can reduce the risk of heart disease, cancer and osteoporosis. Blackberry is another incredibly healthy fruit packed with vitamins, minerals, fiber and antioxidants. They provide an impressive amount of vitamin C, vitamin K and manganese. One cup (237 ml) of blackberries provides a whopping 8 grams of fiber (60). In addition, antioxidants in blackberries have been shown to reduce inflammation and aging of the arteries. Both effects can protect against chronic diseases such as heart disease and cancer (37, 61). Bottom line: Blackberries are a good source of many nutrients and beneficial plant compounds. Their antioxidants and anti-inflammatory properties can reduce the risk of chronic diseases. Oranges are one of the most popular and nutritious fruits in the world. Eating one medium orange will provide a significant amount of vitamin C and potassium. They are also a good source of B vitamins such as thiamine and folic acid (62). Plant compounds in oranges are responsible for most of their health benefits. These include flavonoids, carotenoids and citric acid. For example, citric acid can reduce the risk of kidney stones (63, 64). Oranges are similar to lemons with their impressive amounts of vitamin C and citric acid, which help to increase iron absorption and prevent anemia (65, 66). Bottom line: Oranges contain some important vitamins, minerals and antioxidants. They can reduce the risk of certain diseases such as kidney stones and anemia. Bananas are rich in vitamins and minerals and have quite a few health benefits to offer. They are well known for being high in potassium. One medium banana provides 12% RDI for this mineral (67). One of the unique properties of bananas is their carb makeup. Carbohydrates in green, immature bananas consist mainly of resistant starch, which can improve blood sugar control and make you feel full (68). Bananas also contain pectin, which can improve blood sugar control and digestive health (69, 70, 71). In addition, studies have shown that the high content of carbohydrates and minerals in bananas makes them an excellent source of fuel before exercise (72). Bottom line: Bananas provide several nutrients and plant compounds, including resistant starch and pectin. Bananas can benefits for exercise, blood sugar control and digestive health. Grapes are very healthy. Their high antioxidant content is what makes them stand out. Anthocyanins and resveratrol in grapes have been shown to reduce inflammation (73, 74). Also also Studies show that vegetable compounds of grapes can help protect your heart, eyes, joints and brain (75, 76, 77, 78, 79). Bottom line: Red and purple grapes are rich in nutrients and other plant compounds that can reduce inflammation and reduce the risk of disease. Guava has a wonderful nutritional profile. Eating only one ounce (28 grams) of guava will give you 107% RDI for vitamin C (80). Guava is also rich in fiber, folic acid, vitamin A, potassium, copper and manganese (80). It has been shown that antioxidants in guava protect cells from oxidative damage, indicating that they can help reduce the risk of chronic diseases (81, 82). Guava is another excellent source of pectin that benefits digestion and can help prevent colon cancer (83). Bottom line: Guava is rich in vitamins, minerals, fiber and antioxidants. This can reduce inflammation and help prevent some cancers. Papaya is a very healthy fruit high in vitamin C, vitamin A, potassium and folic acid. It is also rich in anti-cancer antioxidant lycopene (84). Moreover, studies show that the body absorbs lycopene better from papaya than from other lycopene-rich fruits and vegetables (85). There is also some evidence that papaya can improve digestion. It contains papain, an enzyme that facilitates protein digestion (86). Bottom line: Papaya is rich in nutrients and rich in antioxidants. Drinking it can reduce the risk of cancer and improve digestion. Cherries are rich in nutrients, especially potassium, fiber and vitamin C.They contain antioxidants, including anthocyanins and carotenoids, which reduce inflammation and can help prevent several diseases (87, 88). Another impressive health advantage for cherries is their melatonin content (89). Melatonin is a hormone that signals your brain when it's time to sleep. It can help in the treatment of insomnia and other sleep disorders (90). One study concluded that melatonin content in tart cherry juice improves sleep duration and quality (91). Bottom line: cherry is rich in nutrients and antioxidants. They also contain melatonin, which can improve the quality of your sleep. All fruits are healthy, but some are even healthier than others. Try to eat a variety of fruits from the list above to boost your health. 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