



Fruits for dinner isn't a forbidden meal

GOOD LIVING

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Feedback is such an important component in any activity that it is nearly impossible to improve without it. Teachers use class scores, the to gauge the understanding of students. Politicians use riots and noise for healthy appraisal and disapproval. We in "Good Living" depend on your comments and responses to mature into a useful and responsive column.

Natural feedback occurs when we eat. If the food is good, the compliment we give to the chef makes him want to better himself. Fruit has been made to look delicious to our sight because our bodies cannot live without them.

"And the Lord God made all kinds of trees that were pleasing to the eye and good for food."
- Genesis 2:9.

Fruits are essential for healthy living. For years, nutritionists have focused their attention on proteins and calories and relegated fruits and vegetables to playing secondary roles in major menus and diets. Fruits contain 80-93 per cent water, which not only contains essential ingredients but also rehydrates the body. This water is uncontaminated.

You can consume up to one kilogramme of fruits like orange and paw paw without experiencing side effects. The same may not be true of other foods like cheese and concentrated foods. Fruits are not fattening and are therefore necessary components in weight loss diets.

If there is a reason fruits should grace our table and menus, it is their vitamin C component, a vital ingredient that is not contained in legumes, grains and eggs. Only fruits and some vegetables have this component that human beings have an overwhelming need for. Man can also not store this vital component in significant amounts.

Vitamin C is a powerful anti-oxidant of the body. It tends to neutralise free radicals, which are substances that cause cells in the body to age and can change the characteristics of compounds in the cell nucleus called DNA and result in cancers.

Other important roles played by Vitamin C include strengthening immunity and the walls of the blood vessels as well as improving the strength and consistency of bones and teeth. To take advantage of the Vitamin C in fruits they must be eaten fresh and raw.

Fruits are appetising and easy to notice. No other

food component stimulates all the five senses as much as the fruit. It's inviting. No wonder boys in the village would always be caught on the wrong side of the fence in search of vineyards and orchards. Seeing a piece of fruit increases digestive secretions, especially saliva. The aroma of the fruit - which contains several thousand volatile chemicals contained in the peel and pulp - causes one to want to taste it, thereby producing a sweetness that artificial flavours can only approximate.

Fruits can be eaten anytime and combine well with all other dietary ingredients. Whereas fruits are considered as complementary ingredients of meals, it is time we changed all this and made fruits a fundamental part of our breakfast and dinner.

Fruits are the best source of vital nutrients, minerals, vitamins and, most importantly, soluble fibre. Ingredients, some with urine producing effects (diuretics), reduce body weight. Fruits alkalinise the blood, thus reducing acidity caused by body metabolic waste products.

They are invigorating due to their sugar content and contain many mineral ingredients including potassium, which is necessary for maintaining correct internal body environment.

The five most cultivated fruits are grapes, oranges, bananas, apples and watermelons. And orange remains the most consumed fruit in the world.

Living some days exclusively on fruit is very healthy and can produce positive results to your well-being. Otherwise, eating a meal of exclusive fruits, say supper or eating a fruit-only meal once a week, will ensure you rarely visit your doctor.

Lack of Vitamin C causes fatigue, poor wound healing and tiny under skin bleedings - a disease called scurvy.

There is an increased need for this vitamin when one is addicted to smoking, in cases of stress and infections and in burns and wounds.

The vitamin is unstable when heated and is lost during cooking and processing of foods. Strawberry, oranges, broccoli, sweet red pepper and acerola contain a lot of Vitamin C. A daily dietary allowance for Vitamin C is recommended for ageing people and expectant and breastfeeding mothers.

The equivalent of two average sized orange is enough to supply this allowance. And doctors can concentrate on more serious ailments of our bodies.