

Things to note when eating apples

The current abuse of preservatives, how to eat apples is really good for health

Although apple peel contains a lot of vitamin C, Pectin, fiber, Anthocyanin oxidant and other Polyphenols. But with the current abuse of preservatives, how to eat apples is really good for health and apples in any season will have the least harmful substances.



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Here are some things to keep in mind when eating apples.

first

Peeling an apple can't completely avoid toxins

Pesticides, fungicides, and herbicides are applied to agricultural land and gradually seep into plants from the roots. To minimize the harmful effects of some pests such as fruit worms, people also directly pour drugs into the bark along the stem to the branch. In other words, even removing the peel is difficult to completely remove the pesticide.

2

Apple peels contain high levels of heavy metals

According to a recent study, lead levels in apple skins have increased significantly. Another study showed that the content of other heavy metals such as lead, cadmium, copper, tin, and thallium in the shell was many times

higher than in the fruit pulp.

For example, when the fruit pulp contains 0.53mg/kg of lead, the peel has 0.76mg/kg, which is more than twice as high. For Cadmium and thallium the concentration in the fruit gut is 4 times, copper is 3 times and Lead is 12 times. However, the above studies show that apple peel directly absorbs lead in the air, if protected in a bag, this content can be reduced to 80%, so apple peel will not be dangerous for us.

3

Is the nutritional value in apple peels worth the risk?

Apples are very beneficial to the body, promote food for people with zinc deficiency, have anti-diabetes effects, and the concentration of polyphenols in apple skin is many times higher than apple intestine. Polyphenols in apple peel reached 307mg/100g, Flavonoid was 184mg/100g, Procyanidins was 105mg/100g, much more than apple intestine.

The study also showed that the polyphenol extract in apple peel had anti-radiation effects, delayed irradiation, and significantly reduced lead poisoning in the liver, bones and blood of laboratory mice.

4

Care should be taken when eating apples with the skin on

Choose apples that are packed in bags or bags. The skin of this apple is cleaner, less affected by air pollution, pesticides and preservatives.

Autumn is the safest season to use apples because this is the season of apples, with little use of preservatives.

The surface of the apple is fresh and has a natural wax, if the apple skin is shiny, it should be peeled before eating.

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