

What is the best time to eat fruit at the time of day?

Will eating fruit regularly be healthy and make you happier?

Everyone knows that fruits are good for our health. However, what is the best time **to eat** and **how to eat fruit** ? Remember, each of our bodies needs to be provided with 3 to 4 fruits daily, which is about half a cup of fruit.

You may be surprised to learn about the benefits of eating fruit. Read on below to know when it is best to eat fruit.

Is it good if we eat fruits in the morning

Early morning is the best time to eat fruit because our body now contains a high amount of Fructose. When we first wake up, our bodies need to replenish energy immediately because at night all activities are often stopped. If you eat fruit at bedtime, the high sugar level in your body will make it harder to sleep. Fruits are easily digested and the digestive system breaks down nutrients.



So, eat fruit reasonably when you need to recharge, like the things you eat every morning or before lunch.

You should eat fruit before 1-2 hours when eating so your body can digest it all. That time is enough for you to feel less full or bloated and at this moment, your stomach is ready to receive more food.

Never use fruit during meals

In fact, we are advised not to eat fruit and anything or eat too much. But during meals, we can use a little salad as long as you **don't eat too much** because when you eat them with other foods, it will slow down the digestion process. Including water smoothie. Your stomach will easily digest a smoothie with 1 or 2 slices of fruit, a little soy milk or coconut milk and even vegetable juice. You should not drink smoothie juice near meals and regularly mix vitamins with milk. Occasionally replace them with a filter to refresh your stomach.



Why eating fruits regularly will be healthy and make you happier?

Eating fruits in the morning helps you **recharge your energy** quickly and provides enough nutrients to maintain your body activity all day. Increasing energy (and reducing hunger) will help you stay happy and easily make the right decisions. This energy refill will help you achieve the goals you have set out, important is friendly, sociable with people around and colleagues.

In addition, eating fruits has other benefits such as **weight loss** . You can be confident about the bikini you want. The fruit contains many nutrients, fiber and healthy substances, keeping the body beautiful and spiritually good all day long.



In general, different fruits often provide different nutrients. Most of them provide vitamin C but butter provides vitamins K, B5, B6 and E as well as potassium, folate and more. For yourself to absorb the essential nutrients, try loading a mixture of nutrients. In particular, bananas are high in potassium and may reduce the risk of high blood pressure and stroke. If you really want to try other types, papaya is also delicious, containing papain (digestive enzymes that are good for digestion) to increase digestion and folate (amino acid).

Now you know the best time to eat fruit and why not eat them in the main meal yet? If you remember the above notes, you will make a reasonable diet and live a healthier and healthier life.

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