

Rose Apple and its Benefits

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Introduction

The rose apple is an egg-shaped tropical fruit that's pale yellow with a touch of pink when ripe. The rose apple has different varieties with different colors, like dark red, purple, and white. Before the fruits grow, sweetly scented tree flowers grow in clusters. The rose apple tree is a small tree or shrub that grows to about 6 meters in height. The tree also has leaves that are a shiny greenish color as they emerge but eventually fade into a pale green.

Health Benefits

- ✚ **Controlling diabetes.** Rose apples contain an organic compound known as jambosine that helps regulate the conversion of starch to sugar. This helps in maintaining the sugar levels in body.
- ✚ **Improving heart health.** Rose apples are rich in minerals that are important for heart health. The high potassium and sodium levels in the rose apple help control cholesterol levels. This reduces the risk of severe conditions like heart attacks, hypertension, and stroke.
- ✚ **Improving immunity.** Rose apples contain large amounts of vitamins like vitamin C and vitamin A. These protect your body against microbial infections, boosting immunity. Other protective nutrients like iron and calcium keep body healthy, protecting it against various infectious diseases.
- ✚ **Improving digestion.** The rose apple contains dietary fibers that help prevent constipation and bloating. The seeds of the rose apple also regulate stomach problems that cause diarrhea and vomiting.
- ✚ **Managing body weight.** Considering the high fiber content of a rose apple, eating the fruit makes person feel full. This prevents person from eating more, which could help manage individual weight.
- ✚ **Maintaining healthy bones.** A 100-gram serving of raw rose apples contains about 29 milligrams of calcium, an essential mineral in bone formation and general health. It also

helps keep your teeth healthy. Rose apples also contain good amounts of magnesium and potassium, which are also crucial for bone health.

- ✚ **Cleansing both the liver and kidneys.** Liver ailments may come from malnutrition, anemia, or infection. By including the rose apple in your diet, you can treat some of these ailments. Rose apples contain antioxidants that help in effectively treating liver problems.

Conclusion

Rose apples have a vast array of essential health benefits. Due to their short shelf life, person may want to store them in the form of a jelly or jam. As with all other foods, eat them in moderate amounts, and don't forget to balance the diet.

