

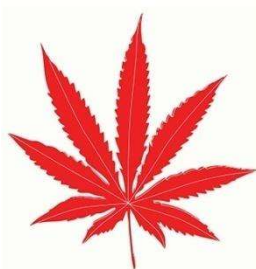


11th Pak Pharma Healthcare Expo

3rd Pakistan Food -Nutrition International Summit 2022

Wednesday - December 21-22, 2022

Pak-China Friendship Centre, Garden Avenue, Islamabad, Pakistan.



Conference Abstract

EFFECT OF DRAGON FRUIT ON HUMAN HEALTH

Samreen Shabbir, Imrana Gull, Sumbal Mehboob, Asim Masood, Arifa Siffat

Institute of Food Science and Technology, PMAS Arid Agriculture University, Rawalpindi, Punjab Pakistan.

History:

Received: December 5, 2022
Reviewed: December 13, 2022
Accepted: December 17, 2022
Published: December 20, 2022
Collection year: 2022
Status: Published

Identifiers and Pagination:

Year: 2022
Volume: 7
First Page: 5
Last Page: 6
Publisher Id: AdvFoodNutrSci.7
DOI: <http://dx.doi.org/10.21065/AdvFoodNutrSci.7>

Correspondance:

Samreen Shabbir, Institute of Food Science and Technology, Pmas Arid Agriculture University, Rawalpindi

Citation:

Samreen Shabbir. Effect of Dragon Fruit on Human Health. Adv Food Nutr Sci. Vol. 7. 2022. p 5-6.

Funding:

The authors received no direct funding for this research.

Abstract

As Dragon Fruit is excessive in water and dietary fibre, it's an excellent natural treatment for baby (and person) constipation. The black seeds also are said to have a mild laxative effect. Help your kids to live away from sugary junk meals, which reason bloating and might lead to constipation. Folic acid in dragon fruit is useful in growing the fetal nervous system. Lycopene, the important aspect and the particular feature of it, enables in fighting numerous health troubles and decreases the chance of most cancers. It is wealthy in Vitamin C, fibre, and beta-carotene, which benefits the mothers ordinary fitness. Dragon fruit will preserve you full and make you sense satiated for a longer length, stopping the urge to eat extra. This fruit is also full of fibre which reinforces metabolism and is useful to your weight reduction efforts. Dragon culmination are obviously rich in vitamin C. Vitamin C has more than one advantages, certainly one of them being the safety of cells from loose radicals and boosting immunity and another one is decreasing the chance of heart illnesses. According to a study, it changed into determined that purple dragon fruit includes betacyanins that can help manage diabetes and save you obesity via regulating the growth of beneficial bacterial inside the gut.

Keywords: Dragon Fruit, Health, Water

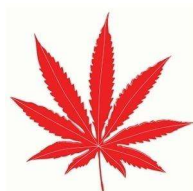
Competing Interests:

The authors declare no competing interests

Additional information is available at the end of the article.

Declaration

The abstract is reviewed and accepted by the Conference Organization Committee of 11th Pak Pharma Healthcare Expo. The presenter was permitted to share his research after final approval of the committee. The scientific research information was presented at 3rd Pakistan Food -Nutrition International Summit 2022 held on December 21-22, 2022 at Pak-China Friendship Centre, Garden Avenue, Islamabad, Pakistan. Hence, the journal is publishing this abstract on behalf of the aforesaid Conference Organization Committee.



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