



THE NUTRITIONAL & HEALTH BENEFITS OF PAW - PAW

INTRODUCTION

Paw - Paw scientifically known as *Carica Papaya* is a common fruit in the tropical region especially in sub - Saharan Africa. The fruit is one of the common fruit in Nigeria and contains lots of Vitamin E and C with a lot of other components known to be beneficial to health. Nutritional components like folic acid, paraoxonase,

BENEFITS

Paw-Paw has been found to be beneficial to health in many ways.

- i. The vitamin C and E contained in paw - paw act as antioxidants and help prevent arteriosclerosis (accumulation of fat in the vascular linings).
- ii. The antioxidants also prevent oxidation of cholesterol to release harmful products to the body.
- iii. The folic acid and Vitamin C in Paw-Paw also help in building of blood products in the human body.
- iv. The Folic acid in Paw - Paw also helps in amino acid metabolism and protection of blood vessel inner lining.

vii. The B-Carotene, Vitamin C and Vitamin A in Paw - Paw also helps in boosting the immune condition of the human body and hence helps prevent infections in the body.

viii. Studies have shown that Vitamin A in Paw - Paw helps reduce the occurrence of Cancers and emphysema.

CONCLUSION

The health and nutritional various benefits of Paw - paw (as outlined above shows that fruits and other food products like Paw-paw are of great health benefits to us when applied appropriately. This is a term called certain nutriaceutical, ie the use of appropriate food produce to achieve good health conditions.

"HOW CAN WE SAY WE KNOW DRUGS, WHEN WE DON'T KNOW FOOD"

HYPOCRITUS - FATHER OF MODERN MEDICINE.

