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 β-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, i.e. 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.