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Opinion

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Fruits and Vegetables, The Best Alternative to Hospital

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Opinion

Nutrition can be explained in different ways depending on the context at which one wants to use it for. Nevertheless, it can be said to be the study of nutrients and its roles to the body. According to the above definition, it directs to knowing the nutrients needed by the body and their roles when taken. As it is, there are six (6) nutrients in which the body needs which equally correspond with the six classes of food; protein, carbohydrates, fat and oil, vitamins, mineral salt and water.

All the food nutrients are mostly found in fruits and vegetables. Fruits such as watermelon and guava contain Vitamin A with other nutrients that helps in keeping the body healthy. Also, vegetables like carrots, tomatoes, bell peppers, pumpkin, broccoli, chard, lettuce, etc. all contains Vitamin C, K, etc. which also helps in keeping the body healthy.

Less I forget, fruits and vegetables are body building and energy giving food. People need to get leave of fries and prepackaged foods and go for fruits and vegetables as they help prevent a whole lot of diseases that people suffer from often. They help you control both sugar and weight lost. A diet rich in fruits and vegetables can as well lower the risk of heart disease. Vegetables like broccoli, green cabbage and fruits like lemon, orange, etc. can help to boost cardiovascular health. Vegetable like tomato that contains lycopene according to health professionals helps to reduce the possibility of

suffering from cancer. This is because, lycopene acts as a layer of cancer fighting agent in the body.

The fiber content of fruits and vegetables also helps in smooth running of the digestive system. Intake of fruits and veggies that is of high fiber content helps to prevent constipation when enough water is also taken. After going through the aforementioned health benefits of fruits and vegetables, you would understand that you do not have to go to the hospital and pay a doctor to prescribe drugs for you when you have the best drugs and medicine at your own door step.

Most Africans now believe in modernization transferring it to both drugs forgetting the veggies that we were known for. The world needs to understand that farmers and their products are the best and most needed in the world. When you pay a farmer today for fruits and vegetables, you have equally paid for the huge amount you would have spent in the hospital tomorrow. Let us know that FRUITS AND VEGETABLES are our homemade hospital.

Acknowledgement

None.

Conflict of Interest

No Conflict of Interest.



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