



The Best Time To Eat Fruits

Are you eating your fruits at the correct time? Do you know why you should eat your fruits at these times? If not read on!!

Fruits should be eaten on its own and on an empty stomach. (This has nothing to do with losing weight.)

Fruit that is trapped in the stomach can ferment and cause bloating and discomfort. When you eat a fruit on an empty stomach it can travel straight through the stomach to be digested in the large intestine.

So, eat fruits for breakfast, **15 minutes before a meal or 3 hours after a meal.**

☐ Do have that banana, apple or bowl of berries first thing in the morning

☐ Don't have the pear, pineapple or apple right after lunch or dinner just because you are still hungry or want a "healthy" dessert. How to solve this....wait 3 hours after.

The exceptions to this guidance are cooked fruits (because they will not ferment) and fruits that contain so little sugar that they are unlikely to ferment such as strawberries, raspberries, blackberries, redcurrants, and bilberries.

Reference

Glycaemic Index (nd). Retrieved on June 29, 2018 from www.glycaemicindex.com.