

Plum Fruit is an amazing juicy fruit which belongs botanically to the family of Rosaceae. It is one of the few fruits that come in a panorama of colors. The plant which bears this fruit is a small shrub which is widely grown all across the world especially in China, United States, Japan and Europe. The skins of plum can be red, purple, black, and red, green. There is a large stone-like seed placed in the center of the fruit. Lets see some of the wonderful health benefits of plums.



*Health Benefits of Plums Fruit - Images, Pics, Pictures, Photos*

## **Nutrition Facts About Plums**

Amount Per 100 grams contains

Calories 46

Total Fat 0.3 g

Monounsaturated fat 0.1 g

Potassium 157 mg

Total Carbohydrate 11 g

Dietary fiber 1.4 g

Sugar 10 g

Protein 0.7 g

Vitamin A 6%

Vitamin C 15%

Iron 1%

Vitamin B-6 1%

Magnesium 1%

## **Health Benefits of Plums**

### **Rich in Vitamin C**

Vitamin C in plum helps the body to develop resistance against infectious agents, counter inflammation, and free radicals.

## **Manage High Blood Pressure**

One medium-sized fresh plum contains 113 mg of potassium, which is useful to manage high blood pressure and reduce stroke risk.

## **Rich in Minerals**

Plum is plentiful in minerals like potassium, fluoride, and iron. Iron is required for red blood cell formation. Potassium is an important component of cell and body fluids that helps controlling heart rate and blood pressure.

## **Health Benefits of Plums to Control Diabetes**

It has low rank on the glycemic index, which means eating them can help you control your blood sugar and reduce the risk of type 2 diabetes.

## **Antioxidants**

[The plum fruit can help you fight aging](#). It is rich in vitamin C and phytonutrients such as lutein, cryptoxanthin, zeaxanthin, neo chlorogenic and chlorogenic acid. These components possess effective antioxidant qualities which help in preventing the damage caused by oxygen radicals called superoxide anion radicals.

## **Regulates Digestion**

Plums are a good source of dietary fiber, along with the components sorbitol and isatin, which help in regulating the digestive system.

## **Anti-cancer Effects**

In new research, it has been observed that consumption of plums have anti-cancerous effects and prevents the growth of carcinogenic cells. The dietary fiber of plums is beneficial in protection against gastro and respiratory cancers. Its extracts can kill aggressive breast cancer cells; the surrounding healthy cells were not harmed by the treatment.

## **Health Benefits of Plums as a Good to Vision**

Regular eating of plums is good for vision and macular degeneration. Fresh yellow plum contains vitamin A and beta carotene good for eyesight and skin.

## **Immune System**

Plums are beneficial in strengthening the immune defense of the body due to the presence of high vitamin C content. It promotes the body's resistance against various infections and inflammations.

## **Reduces Cholesterol Level**

Plums help to reduced cholesterol by inhibiting LDL oxidation in human and beneficial for heart diseases. It is also effective to cardiovascular problems due to presence of potassium that helps to maintain body fluid levels

## **Reduces Anxiety**

Health Benefits of Plums by reducing anxiety in the body. Regular consumption of plums helps in reducing anxiety. There are anxiolytic effect and antioxidant properties of chlorogenic acids present in plums, which help in curing anxiety-related behaviors and damage caused by oxidative stress.