

Raspberry was called the best berry for the health of the intestines

Raspberries contain many nutrients, antioxidants, prebiotics. Adding to your favorite dishes of this berry will help you alleviate constipation, balance with a microbia, improve weight control.

Here are a few advantages for raspberry health.

**A lot of fiber.** A portion of raspberries accounts for 8 g of fiber. Studies show that obtaining a large amount of this substance plays a key role in maintaining healthy digestion.

**Balancing of the intestinal microbioma.** Raspberries are a source of prebiotics. Due to the regular use of red raspberries, you will increase the amount of beneficial bacteria in the digestive tract, improve the general condition of the intestines, reduce inflammation, strengthen immunity.

**Low FODMAP content.** Due to this, raspberries are perfect for people with a sensitive stomach.

**Little sugar.** One raspberry cup contains only about 5.44 g of sugar.

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**A lot of antioxidants.** Raspberries contain a large amount of vitamin C, quercetin and ellagic acid. Studies also show that vitamin C can improve the intestinal microbia.

**Maintaining digestion.** Malin has a lot of digestive enzymes such as Tanins. These substances slow down the digestion of starch, reducing the amount of carbohydrates that the body assimilates from food.

**Improving weight control.** Studies show that the use of fiber saturates well, and in polyphelles (antioxidants) raspberries are just a lot of fiber. Basically, this berry consists of water and contains few calories.

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