

Metabolic syndrome is a set of conditions that increase the risk of type 2 diabetes, cardiovascular diseases and stroke. This syndrome is diagnosed in the presence of three or more of the following factors: an increased waist circumference, an increased level of triglycerides, a low level of HDL cholesterol, an increased level of glucose on an empty stomach, and high blood pressure.

These are the fruits will help you improve the condition with metabolic syndrome.

Pomegranate. Studies show that it positively affects blood pressure, blood sugar, cholesterol and triglycerides. One of the reasons for this is that the fruit contains substances with antioxidant and anti-inflammatory properties. Pomegranate also contributes to the growth of beneficial intestinal bacteria AkkerMansia, which maintain healthy metabolism, healthy weight, improve well-being, and strengthen immunity.

Watermelon. According to the results of the studies, people who had eaten two cups of watermelon for four weeks felt less hungry and more well-fed than those who received the same number of calories from degreased cookies. They also decreased blood pressure and weight.

Blackberry. Berries as a whole cause a lower jump in blood sugar than pineapple or bananas. At the same time, the blackberry contains potassium, calcium and magnesium, which lead to a decrease in blood pressure. This berry is also rich in saturating fiber.



Eatewell

Citrus. These fruits include potassium, vitamin C and fiber. Also, citrus fruits are included in the Dash diet recommended for the treatment of hypertension.

Grape. Studies show that it reduces blood pressure, triglycerides, total cholesterol and LDL. Like a grenade, grapes contributes to the growth of beneficial intestinal bacteria AkkerMansia.

Apples. They are rich in fiber, and in their peel there are many antioxidants. The latter help reduce risk factors for the development of metabolic syndrome.

News -in -law materials cannot be equated to the doctor's prescription. Before making a decision, consult a specialist.