Inconspicuous Fruits That Heal

Iwona Rybakowska

Department of Biochemistry and Clinical Physiology, Medical University of Gdansk, Poland

Introduction

There are many fruits that are inconspicuous but they heal for example some varieties of pears, raspberries and aronia [1]. Different disease may be treated by consuming fruits and there natural components like dietary fiber, antioxidant compound, phenolic acids, flavonoids, polyphenols [1]. Fruits may also change levels of compounds which affecting the appearance of 21st century diseases related to the level of plasma lipid like cardiovascular disease but we cannot forget about benefit fruits on chronic diseases such as cancer, neurovegetative impairments [2]. Consuming fruits we must remember that the peels contain more bioactive substances than pelled fruits [2] because of this we should use as little pesticides as possible when the fruits ripen [2].

“Forgot fruits” as Cocomerina pear (Figure 1) (Pyrus sp.) is one of a major fruit of temperate regions [1]. Even leaves of Cocomerina pear have favourable antiseptic properties for urinary tract. While fruits contain phenolic compounds including flavonoids, flavones, isoflavones, lavanones, anthocyanins and catechins having antioxidant properties [1].

Fresh juice, especially the Cocomerina pear late type juice, is especially rich in polyphenols, anthocyanins and flavonoids and showed a significant antioxidant and anti-inflammatory activity when compared with other fruit juice even early type of Cocomerina pear.

The other fruit is raspberry promotes brown and beige (“good”) adipocyte development in mice fed high-fat diet through activation of AMP-activated protein kinase (AMPK) [2]. Study on activity of nucleotide metabolism enzymes demonstrated higher activity of adenosine deaminase in the heart wild type mice on high-fat diet which can lead to atherosclerosis because of lower concentration of adenosine [3]. In this model AMPK, which can affect metabolism of nucleotides, decrease in heart mice fed high fat diet [3]. Also different length of diet cannot forget about benefit fruits on chronic diseases such as cancer, neurovegetative impairments [2]. Consuming fruits we must remember that the peels contain more bioactive substances than pelled fruits [2] because of this we should use as little pesticides as possible when the fruits ripen [2].

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Aronia berries have also high contents of phenolic phytochemicals which concentrations are over five-fold higher than in cranberries.

Having so many quantities benefit compounds aronia exerts action antioxidant but also immunotogenic, cardioprotective, anti-diabetic and inhibitory on cancer cell proliferation. Aronia juice may affect weight reduction [5].

Mild fibrosis induced by a high-fat diet was reduced in livers of mice fed a high-fat diet containing aronia berries. RNA sequencing and RT-qPCR analyses revealed that gene expression levels of insulin-like growth factor binding protein 1 (Igfbp1) and growth arrest and DNA-damage-inducible 45 gama (Gadd45 g) were increased in livers from mice fed a high-fat diet containing aronia berries. Furthermore, results of an enzyme-linked immunoassay showed that a secreted protein levels of fatty acid-binding protein (FABP1) and FABP4 were reduced in serum from mice fed a high-fat diet containing aronia berries. Recovery from liver fibrosis is associated with expression levels of Gadd45 g and Igfbp1 in the liver. The beneficial effects of aronia berries on liver fibrosis reduce the risk of liver cancer diseases and insulin resistance, resulting in reduction of serum FABP1 and FABP4 levels (Figure 2) [5].

Antioxidant and other properties of this fruits should convince us to eat fruits every day even those “forgotten”.

References


*Corresponding author: Iwona Rybakowska, Professor, Department of Biochemistry and Clinical Physiology, Medical University of Gdansk, Debinki 1, 80-211 Gdansk, Poland, Tel. (610) 457-5234; E-mail: iwonar@gumed.edu.pl

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