

surinam cherry nutrition facts

surinam cherry nutrition facts reveal a fascinating profile of this tropical fruit, known scientifically as *Eugenia uniflora*. This small, vibrant red fruit is celebrated not only for its unique sweet-tart flavor but also for its impressive nutritional content. Rich in vitamins, minerals, and antioxidants, surinam cherry offers a variety of health benefits that contribute to overall wellness. Understanding the nutritional components of surinam cherry can help consumers make informed choices about incorporating this fruit into a balanced diet. This article explores the key surinam cherry nutrition facts, including macronutrients, micronutrients, and bioactive compounds. Additionally, it examines the health advantages associated with regular consumption and provides practical insights on how to enjoy surinam cherries.

- Nutritional Composition of Surinam Cherry
- Vitamins and Minerals in Surinam Cherry
- Health Benefits Linked to Surinam Cherry Nutrition
- Caloric Content and Macronutrient Breakdown
- Incorporating Surinam Cherry into Your Diet

Nutritional Composition of Surinam Cherry

The nutritional composition of surinam cherry is characterized by a balance of essential nutrients that support various bodily functions. This fruit contains a notable amount of natural sugars, dietary fiber, vitamins, and minerals. The surinam cherry is particularly valued for its antioxidant content, which helps combat oxidative stress. Analyzing the nutritional makeup provides insight into why this fruit is beneficial for health-conscious individuals seeking nutrient-dense options.

Macronutrients Found in Surinam Cherry

Surinam cherry contains carbohydrates as its primary macronutrient, largely in the form of natural sugars such as glucose and fructose. The fruit also provides a modest amount of dietary fiber, which aids in digestive health. Protein and fat are present in minimal quantities, making surinam cherry a low-fat, low-protein fruit. Its carbohydrate content contributes to energy supply, while fiber supports gut function.

Fiber Content and Digestive Health

The dietary fiber in surinam cherry is crucial for promoting digestive regularity and maintaining bowel health. Fiber slows glucose absorption, which can assist in blood sugar regulation. Additionally, consumption of fiber-rich foods like surinam cherry is linked to reduced risks of cardiovascular disease and improved satiety, helping regulate appetite and weight management.

Vitamins and Minerals in Surinam Cherry

Surinam cherry is an excellent source of several essential vitamins and minerals that contribute to its nutritional value. These micronutrients are vital for maintaining metabolic processes, immune function, and overall physiological health. The vitamin and mineral profile of surinam cherry is a key aspect of its health-promoting properties.

Vitamin C: A Powerful Antioxidant

One of the most significant vitamins present in surinam cherry is vitamin C (ascorbic acid). This antioxidant vitamin supports immune defense, collagen synthesis, and skin health. Vitamin C also enhances iron absorption from plant-based foods, which is important for preventing anemia. Surinam cherry provides a considerable amount of daily recommended vitamin C intake, making it beneficial for boosting antioxidant capacity.

Other Essential Vitamins and Minerals

Besides vitamin C, surinam cherry contains smaller amounts of vitamins A, B-complex (including B1, B2, and B3), and minerals such as calcium, phosphorus, potassium, and iron. These nutrients play roles in vision health, energy metabolism, bone strength, electrolyte balance, and oxygen transport. The combination of these micronutrients contributes to the fruit's comprehensive nutritional profile.

Health Benefits Linked to Surinam Cherry Nutrition

The health benefits of surinam cherry are largely attributed to its rich nutritional content, particularly antioxidants, vitamins, and dietary fiber. Regular consumption may provide protective effects against chronic diseases and support overall well-being. Scientific studies highlight several positive health outcomes

associated with this tropical fruit.

Antioxidant Properties and Disease Prevention

Surinam cherry is abundant in antioxidants such as flavonoids, polyphenols, and vitamin C, which neutralize free radicals in the body. This antioxidant activity can reduce oxidative damage to cells, potentially lowering the risk of chronic conditions like cancer, cardiovascular disease, and neurodegenerative disorders. The anti-inflammatory effects of these compounds may also contribute to disease prevention.

Supports Immune Function and Skin Health

The vitamin C content in surinam cherry enhances immune system function by stimulating white blood cell activity and antibody production. Additionally, vitamin C is crucial for collagen formation, which maintains skin elasticity and wound healing. Eating surinam cherry can thus support both immune resilience and youthful skin appearance.

May Aid in Weight Management

Low in calories and rich in fiber, surinam cherry can be a helpful addition to weight management strategies. Fiber promotes fullness and reduces overall calorie intake by curbing appetite. Moreover, the natural sugars in surinam cherry provide a healthier alternative to refined sweets, supporting balanced blood sugar levels and energy stability.

Caloric Content and Macronutrient Breakdown

Understanding the caloric and macronutrient breakdown of surinam cherry is essential for dietary planning, especially for individuals monitoring energy intake. This section outlines the approximate nutrient quantities per 100 grams of fresh surinam cherry.

Calories and Energy Contribution

Surinam cherry typically contains about 30 to 40 calories per 100 grams, making it a low-calorie fruit

option. The majority of these calories come from carbohydrates, primarily natural sugars. The low caloric density allows for consumption in larger quantities without excessive calorie intake.

Carbohydrates, Proteins, and Fats

- **Carbohydrates:** Approximately 7 to 9 grams per 100 grams, mostly from natural sugars and dietary fiber.
- **Proteins:** Trace amounts, generally less than 1 gram per 100 grams.
- **Fats:** Negligible fat content, typically under 0.5 grams per 100 grams.

This macronutrient profile positions surinam cherry as an excellent fruit for those seeking nutrient-rich, low-fat, and low-protein options.

Incorporating Surinam Cherry into Your Diet

Surinam cherry can be enjoyed fresh or processed into various culinary preparations that enhance its nutritional benefits. Understanding how to incorporate this fruit into daily meals can maximize its health advantages.

Fresh Consumption and Snacking

Fresh surinam cherries can be eaten raw as a refreshing snack. Their sweet and slightly tart flavor makes them suitable for eating alone or adding to fruit salads. Including surinam cherry as a fresh fruit option supports hydration and nutrient intake.

Recipes and Culinary Uses

Beyond fresh consumption, surinam cherry can be used in jams, jellies, sauces, and beverages. Its flavor profile complements desserts, smoothies, and even savory dishes. Using surinam cherry in recipes allows for creative ways to benefit from its nutritional content while enjoying diverse taste experiences.

Storage and Selection Tips

When selecting surinam cherry, look for brightly colored, firm fruits without blemishes. Proper storage involves refrigeration to extend shelf life and preserve nutrient quality. Consuming the fruit shortly after purchase ensures maximum freshness and retention of its valuable nutrients.

Frequently Asked Questions

What are the key nutrients found in Surinam cherry?

Surinam cherry is rich in vitamin C, antioxidants, dietary fiber, and contains small amounts of vitamins A, B-complex, and minerals such as calcium and potassium.

How many calories are in a serving of Surinam cherry?

A typical serving of Surinam cherry (about 100 grams) contains approximately 40-50 calories, making it a low-calorie fruit option.

Is Surinam cherry a good source of vitamin C?

Yes, Surinam cherry is an excellent source of vitamin C, providing a significant percentage of the daily recommended intake, which helps boost the immune system and promotes healthy skin.

Does Surinam cherry contain dietary fiber?

Yes, Surinam cherry contains dietary fiber which aids in digestion, supports gut health, and can help maintain healthy cholesterol levels.

Are there any antioxidants in Surinam cherry?

Surinam cherry contains antioxidants such as flavonoids and carotenoids, which help protect the body from oxidative stress and may reduce the risk of chronic diseases.

Additional Resources

1. *The Surinam Cherry: A Nutritional Powerhouse*

This book delves into the rich nutritional profile of the Surinam cherry, highlighting its vitamins, minerals, and antioxidant properties. Readers will discover how incorporating this fruit into their diet can boost immunity and support overall health. It also covers the fruit's history and cultivation techniques.

2. Surinam Cherry Nutrition and Health Benefits

Focusing on the health advantages of the Surinam cherry, this book explores its role in chronic disease prevention and weight management. Detailed chapters explain nutrient content, bioactive compounds, and their effects on the body. The author includes recipes to maximize the fruit's nutritional value.

3. The Complete Guide to Surinam Cherry Nutrition Facts

A comprehensive reference, this guide provides detailed nutritional analyses for Surinam cherries at different ripeness stages. It compares the fruit to other common berries and fruits, helping readers understand its unique dietary benefits. The book is designed for nutritionists, dietitians, and health-conscious individuals.

4. Superfoods Spotlight: Surinam Cherry

Part of a superfood series, this book highlights the Surinam cherry's exceptional nutrient density and antioxidant capacity. It discusses how the fruit can be used in various dietary plans to promote wellness. The book also touches on sustainable farming practices for the Surinam cherry.

5. Exploring Surinam Cherry: Nutrition Facts and Culinary Uses

This book combines nutrition science with culinary creativity, showcasing how to enjoy Surinam cherries in everyday meals. Nutritional facts are paired with recipes ranging from smoothies to desserts, emphasizing the fruit's versatility. It also includes tips for selecting and storing the cherries.

6. Surinam Cherry: Nutritional Insights for Healthy Living

Written by a nutrition expert, this book breaks down the macronutrient and micronutrient content of Surinam cherries and their effects on health. It covers antioxidant properties, fiber content, and the fruit's role in digestive health. Readers will find practical advice on incorporating the fruit into balanced diets.

7. The Science Behind Surinam Cherry Nutrition

This text offers an in-depth scientific analysis of the phytochemicals and nutrients in Surinam cherries. It presents recent research findings on the fruit's potential in disease prevention and health promotion. The book is suitable for students and professionals in nutrition and food science.

8. Surinam Cherry Nutrition: A Tropical Fruit for Modern Diets

Exploring the Surinam cherry's place in contemporary nutrition, this book discusses its benefits in vegan, paleo, and ketogenic diets. It provides nutritional facts alongside meal plans and dietary strategies. The author advocates for greater inclusion of tropical fruits like Surinam cherry in global diets.

9. From Tree to Table: Nutritional Facts of Surinam Cherry

This book traces the journey of the Surinam cherry from cultivation to consumption, with a focus on preserving its nutritional integrity. It explains how harvesting, storage, and preparation affect the fruit's nutrient content. The book also includes cultural insights and traditional uses of the Surinam cherry.

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