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Reduce fats with mango skin by Micron Associates

Article published on June 8th 2012 | Health

Eating of mango skins could be effective in the fight against excess fat revealed by the Researchers at University of Queensland. Yes! It is. In fact, this fruit is better digested when eaten with the skin. Donâ€™t believe in most hearsay that mango skin is poisonous. Take this idle talk into the trash.

Eating mango skin can help you to reduce approximately 75 calories. Also, unripe mangoes have starch which converts into sugar when the fruit ripens. Therefore, ripe and sweet mangoes are very helpful in weight gain when consumed with milk (high in protein).

According to Micron Associates research , the skin of mango contained compounds that repressed adipogenesis, the process of storing of fat cells. Professor Greg Monteith said that a complex interplay of bioactive compounds unique to each peel extract is likely responsible for the difference, rather than just a single component.

Aside from gaining lose weight , mango skin has a compound which could help you to fight against metabolic diseases such as diabetes. Studies have also indicated that the eating of mango skin could help protect against some form of cancer, compounds like quercetin and mangiferin present in mango skins are anti-oxidative in nature and protect cells from oxidative damage.

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http://micronassociates-news.com/blog/reduce-fats-with-mango-skin/

Article Keywords:
Reduce fats with mango skin, Micron Associates ITS ALL ABOUT YOUR HEALTH

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