

5 HEALTH FACTS ABOUT

Eggplant

1 PROMOTES HEART HEALTH

Eggplants are said to possess antioxidant such as Nasunin, a polyphenolic component found in eggplant that helps promote heart health.

2 CONTROLS BLOOD SUGAR LEVELS

Eggplant is a rich source of fiber and low in soluble carbohydrates, this helps regulate blood sugar levels and control the absorption of glucose.

3 IMPROVES COGNITIVE FUNCTION

The phytonutrients in eggplants protect the brain cell membranes from damage. They can also facilitate message transfer from one cell to another, thus preserving memory function.

4 PROMOTES EYE HEALTH

Eggplant is rich in lutein. This antioxidant prevents age-related macular degeneration, which is the main cause of blindness and vision impairment.

5 ENHANCES BONE HEALTH

Eggplant helps improve bone mineral density and reduce the risk of osteoporosis. This vegetable contains nutrients like calcium, magnesium, and potassium that help promote bone strength.

