

What Are the Benefits of Papaya for Diabetes?

Papaya fruits offer many benefits to diabetics, including a low sugar food choice and an antioxidant source. Diabetics suffer from a condition that impedes insulin production within the pancreas. People who live with diabetes must constantly pay attention to the amount and types of food consumed throughout the day, ensuring that the body's blood sugar level remains level for proper body functioning. Among other healthy foods, those with this disease should consider eating papaya for diabetes benefits.

The papaya is a large yellow fruit found in the majority of grocery stores. In the center are numerous seeds that are typically discarded, allowing the papaya eater to scrape the sweet fruit from the outside skin. The yellow color denotes its high beta carotene levels, as well as offering vitamins A, B, and C.

Choosing to eat papaya for diabetes is especially helpful since it has low sugar amounts compared to other fruit. Many diabetics need to reduce their fruit intake since natural fruit sugars cause high blood sugar levels. Although papayas are sweet to taste, the glucose levels are relatively low throughout the fruit's edible portion. Diabetics can easily ingest their suggested three fruit servings a day, with papaya as one of the many choices.

Natural antioxidants within the fruit make papaya for diabetes another practical diet choice. Antioxidants prevent deterioration of the human body's cellular structures. Diabetics are prone to many ailments, including heart or nerve damage, caused by their irregular blood sugar levels. A healthy diet, incorporating papaya, can obstruct future cell damage for a better and longer lifespan.

Diabetes is categorized into two groups: type 1 and type 2. Papaya for diabetes can inhibit the progression from type 2 to type 1 diabetes. A more severe condition, type 1 diabetes requires insulin shots, since the pancreatic cells are actually being destroyed by the human body's immune system. Type 2 diabetes can stay manageable on a day to day basis with a healthy diet.

Diabetics should try and eat papaya for diabetes in its raw fruit form, as opposed to canned or bottled papaya juice. The fruit provides needed fiber for the digestive system, as well as a filling snack for a healthy body. In addition, papaya juice may have added hidden sugars that negatively impact the diabetic's blood sugar levels.

Papayas are commonly available all year round. Diabetics should look for a papaya that has little or no visual blemishes, along with a thick, intact skin. Some people enjoy eating the seeds, rather than discarding them, since they offer a peppery taste.

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