

## Zucchini Facts

Zucchini contains zero fat, and is high in water and fiber. It also contains significant amounts of vitamins B6, riboflavin, folate, C, and K, and minerals, like potassium and manganese.

The summer squash also contains antioxidant and anti-inflammatory phytonutrients.

### 1. Improves digestion

Incorporating zucchini in your diet can help improve digestion including reducing the incidence of constipation and other digestive issues.

Zucchini is high in water. It also contains significant amounts of fiber, electrolytes, and other nutrients that are necessary for a healthy digestive system.

Regular consumption of zucchini can also help prevent ulcers, IBS, and colon cancer.

### 2. Slows down aging

Aging results from the activity of toxins, free radicals, and inflammation that the body is exposed to over the years. These poisons and inflammation can be reduced by antioxidants and anti-inflammatory foods.

Zucchini is rich in antioxidants and anti-inflammatory phytonutrients, which help rid the body of free radicals and excess inflammation.

### 3. Lowers blood sugar levels

High blood sugar levels and diabetes are problems that are worsened by a diet high in (unhealthy) carbohydrates and low in fiber.

By including zucchini in your diet, you increase the intake of fiber. You can also reduce your carbohydrate intake because you will feel full for longer. These diet changes can help reduce your blood sugar levels and increase insulin sensitivity.

This can mean that your body no longer requires excessive amounts of insulin to process sugar. This can change your risk of developing diabetes. Studies show that including at least 30 grams of fiber in your daily diet lowers your risk of getting diabetes significantly.

#### 4. Supports healthy circulation and a healthy heart

Zucchini is low in fat and sodium, but high in fiber and potassium. These properties help to maintain healthy blood circulation.

Low sodium and high potassium help to maintain healthy blood pressure while fiber, such as the polysaccharide in zucchini, lowers cholesterol levels.

This combination works synergistically to maintain good circulation, which is necessary for healthy blood pressure and a healthy heart.

#### 5. Improves eye health

Zucchini is a good source of health-protecting antioxidants and phytonutrients, including vitamin C, beta-carotene, manganese, zeaxanthin, and lutein.

Zeaxanthin and lutein are especially useful in maintaining and improving eye health by fighting free radicals. This reduces the risk of developing age-related eye conditions like glaucoma, cataracts, and macular degeneration.

You can also use zucchini to treat puffy eyes by placing slices of raw zucchini over the eyes. Leave the slices in place for about 30 minutes and repeat several times in a day.

#### 6. Boosts energy

Because zucchini is a rich source of B-vitamins, especially folate, riboflavin, and B6, it can help to boost energy production in the body. This reduces fatigue and improves moods.

The body requires B-vitamins for protein and carbohydrate metabolism. These vitamins also aid in various brain functions including cognition.

## 7. Weight loss

Because zucchini is low in calories and high in water and fiber, it is a great food for those wishing to reduce their body weight.

It is worth noting that excess body weight usually results from regular consumption of carbohydrate and sugary foods.

By including zucchini in your diet, you increase the fiber and water content of your food. This means that you will feel full for longer and end up eating less. In the long term, you will lose some of your excess weight.

## 8. Improves thyroid and adrenal functions

Zucchini contains high amounts of vitamin C and polyphenols, especially in the peels.

Laboratory studies on rats by the Devi University found that the compounds in zucchini peels have positive effects on the thyroid and adrenal glands. Additionally, the compounds helped in the regulating insulin levels.

## 9. Protects against oxidation and inflammation

Zucchini is rich in antioxidants and anti-inflammatory compounds, including vitamins A and C, glutathione peroxidase, and superoxide dismutase. Large amounts of these compounds are found in zucchini skin. For this reason, you should eat the skin together with the flesh.

Eating zucchini regularly reduces oxidation and inflammation within the body. This boosts your immunity and protects against diseases associated with inflammation.

All these zucchini benefits are impressive, so aim to add more to your meals, and if you can, try growing your own.