
5 WONDERFUL REASONS WHY YOU WOULD LIKE TO EAT MORE FIGS

A very common misconception about bed time snacking is that eating just before bed can make you fat as the food will stay unmoved in your stomach for long but for real, not everything makes you fat and bed time snack can actually help you lose fat instead of gaining it.

Let's break the common Myth - If you skip your night snack before bed, your blood sugar would get exhausted and you will not sleep with ease. This sleep disturbance would pack up some more pounds for your body so instead of losing it, you will gain more weight. Having a satisfactorily filled stomach will get you a nice sleep, support the metabolism of your body, and facilitate fat burning hormones.

A few food items are in fact healthy to eat at bed time. Fig is one such snack that would help you lose fat instead of gaining it.

Surprising isn't it? Eating before bed can actually make you healthier and slimmer. But how does it happen?

Weight loss needs your body to make the best use of nutrients and have controlled levels of blood sugar. With fig eaten at night before bed, the blood sugar gets stabilized. It would also help your body release right amounts of glucagon which is a fat burning hormone thereby preventing fat deposits in your body. Besides weight loss, there are more benefits of eating figs at different times, in different styles and in different quantities.

Here are the 5 major benefits that would give you enough reasons to eat figs:

Fig is a metabolism Booster: Fig is a rich source of dietary fibre. Dietary fibre can keep your body feel full for longer and thus, you don't feel the need to eat more and add calories to your diet as a result. It helps you maintain a right balance of calories required to maintain basal metabolic rate, to digest food, and allow for physical exercise the whole day.

Fig gives you extra rest: A nice sleep at night can improve your immunity and enhance your energy levels for the whole day that follows. A right quantity and quality of fat and carbohydrates in combination eaten at night would get a supportive rest for your body making it more energized for the morning and your energy will stay for whole day long. 94% carbohydrate with only 3% fats keep you stay full of this energy when you eat figs.

Get a better growth with added proteins: Some food items can compliment your fig intake making the mix a rich protein source that helps your body grow. Fig can be consumed with poultry products, fruits, vegetables, and soups for this.

Figs can cure some chronic ailments: Sexual dysfunctions such as infertility, STD infections, diabetes, asthma, bronchitis, coronary heart diseases, colon cancer, and cholesterol problems can be reduced with regular consumption of fig.

Health Food for Pregnant and Lactating Women: Fig provides some special benefits for pregnant and lactating women like:

- Packed with rich nutrients like calcium, iron, zinc, and potassium, fig makes a powerhouse of energy for pregnant women.
- Eating fig can help improve lactation in women. The minerals inside fig are present in right quantities just as needed in lactating breasts and thus, fig is one of the recommended foods for boosting lactation in pregnant women.
- Pregnant women have a lot of urge to eat and many a times, they crave to eat unhealthy foods that can actually affect a healthy pregnancy. Being alkaline in nature, figs can help reduce such cravings in pregnant women and help them stay fit by sticking to only healthy diet.
- The process of digestion is naturally slowed down during pregnancy and figs can help improve this digestion by adding proteolytic enzyme in the food intake.
- Morning sickness is another common symptom that appears during pregnancy. Figs are high in Vitamin B6 and thus, can reduce morning sickness.
- Omega-3 fatty acid which is essential for healthy foetus growth is present in good quantities in dried figs. Thus, consuming dry food can aid development of the child and also avoid pre-term labour or pre-mature deliveries.
- Melasma, a skin pigmentation caused as a result of pregnancy can be treated with fig as it contains Psoralens which helps reduce body pigmentation.
- Fig leaves are therapeutic in nature and can help cure or control gestational diabetes which is a common cause of complications in pregnancies.
- Constipation, a common problem of pregnant women can also be relieved with the use of fig as it is high in fibre. In fact, it is the highest source of fibre as compared to any other food and has both soluble and insoluble fibres in good quantities.
- Hypertension combined with preeclampsia, a dangerous condition that can cause pregnancy failure can result from imbalance of blood pressure control. Fig contains a significant quantity of potassium which can help control this pressure thereby reducing risk in pregnancy.