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ICE APPLE - THE MYSTERIOUS FRUIT

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Introduction

Ice apple (palm fruit) is a seasonal fruit of the sugar palm tree and is widely available during the sizzling summer. The fleshy fruit loaded with translucent, juicy fluid has excellent cooling properties. Ice apple (palm fruit) or nature's halwa is a famous juicy translucent fruit of India, native to the eastern and southern parts of the country. It goes by different names like Thati Munjalu in Telugu, Taal Patali in Bengali, Tari or Tadgola in Marathi, Pananungu in Malayalam, Tala in Oriya, Taati Nungu in Tamil and many others.

Ice apple is very similar to litchi fruit in texture and tastes like a slightly sweet tender coconut. Due to its cooling effect and translucent jelly-like appearance, it is known as ice apple.

Ice Apple Nutrition

Ice apple is a low-calorie fruit providing 43 calories per 100 grams, it is powerhouse of carbohydrates and rich in calcium and phytonutrients. It also contains a minimal amount of fibre, protein, vitamin C, A, E, K, B7 and iron which confers you with a host of healing health benefits.

Nutrient Value per 100g	
Nutrients	Content
Water	86.5g
Carbohydrates	11.1g
Protein	0.8g
Fat	0.1g
Fiber	0.9g
Calcium	28mg
Phosphorous	30mg
Iron	1mg
Vitamin C	5mg
Thiamin	0.04mg



Major Benefits of Ice Apple

- **Natural Hydrator and Prevent Heat Stroke** : Being hydrated is one of the most prominent issues in summers. Ice apple contains a good amount of sodium and potassium, therefore, it helps in maintaining the fluid and electrolyte balance in the body making it best to prevent dehydration. It contains lot of water and thus keep our body hydrated and prevents heat stroke



- **Strong Immune System** : Ice apple is loaded with tons of minerals and vitamins, which assist to strengthen our immune system. For instance, due to the presence of potassium, it aids in cleansing the toxins out of the body and promotes the health of the liver. Moreover, doctors too recommend this fruit to people.
- **Reduces Prickly Heat Pimples** : Ice apple aids in cooling the body during summer season and provides relief from the prickly heat pimples
- **Enhance Energy** : The best benefit of Ice apple is that it keeps the glucose level high and provides right balance of minerals and nutrients to the body.
- **Weight Loss** : A low-calorie watery fruit ice apple is an ideal deal to lose weight. The presence of water keeps you satiated for a long time and help in losing the weight naturally.
- **Helpful With Rashes** : It helps to prevent heat rashes and prickly heat that are very common in summer. Applying the flesh of ice apple on the affected areas helps relieve itchiness during summer, therefore providing a soothing effect.
- **Solve Digestive Issues** : Digestive problems another one of the issues faced by people nowadays. However, ice apple is itself an effective natural remedy for people suffering from these issues, including constipation and acidity. It relieves several stomach ailments including acidity and ulcers. Ice apple also helps to get rid of heat boils, which are common during summers.
- **Natural Coolant** : Ice apple acts as an excellent natural coolant and naturally cools the body in the summer regulating the body temperature. It quenches the thirst and provides energy to stay active throughout the day.
- **Phytochemicals Storehouse** : Ice apple is considered to possess several strong phytochemicals that have antioxidant and anti-inflammatory properties, which not only help slow down ageing and reduce the risk of developing incurable diseases such as heart disease and cancer.
- **God's Gift for Pregnant Women** : Pregnant women are strongly advised to eat ice apple because it not only aids the digestion process directly but also reduces the feeling of nausea and vomiting, which are common during pregnancy. Furthermore, the consumption of palm fruit is also known to improve the quality of breast milk in the feeding mother. It adds to the nutritional value that the baby receives from the milk, and acts as a good supplement, too. It also acts as a natural energy supplement and regulator. With the combination of minerals and salts within, it helps maintain the right glucose level in your body and keeps you fresh. Also Ice apple designate the existence of the phytochemical anthocyanin which may inhibit the growth of tumors and breast cancer cells.



Important Note

The fruit is highly perishable and should be consumed within a day. Don't eat overripe Ice apples it may cause stomach aches.

Conclusion

Besides being a natural coolant, the translucent fruit is known to be a perfect mix of minerals and sugars that are needed by the body. It provides the perfect blend of minerals and sugars for the body during the summer season. Ice apple has a lot of health benefits, therefore making it a precious fruit that Mother Nature has provided to Indians.

