

APPLES

A study at Cornell University found that apple peels can contain up to 87% more phytochemicals – cancer-fighting agents – than the pulp. Professor Liu, of the University's department of food science, says, "The outer skin of apples contain unique antioxidants that help combat liver, colon and breast cancers." And when the skin is removed, much of the heart-healthy fiber is eliminated.



ORANGES

Orange peels have long been used in Chinese medicine and their oil extracts used to help cure infections and indigestion. Packed with Vitamin C, orange peels have many benefits ranging from use as a natural toothpaste; an effective mosquito repellent; to help with gastrointestinal complaints such as dyspepsia, flatulence, indigestion, diarrhea and heartburn.

Orange peel also contains d-limonene, which lowers cholesterol and is proven to reduce the damaging effects of UV light by up to 70 per cent. Grated orange peel is easily added to salads, soups and cakes. Surprisingly it's easily digestible too.



BANANAS

Researchers have discovered that banana peel extract can ease depression and protect the retina. Taiwanese nutritionists from Taichung's Chung Shan Medical University discovered that banana peel is rich in serotonin, which is vital to balancing moods, according to the Apple Daily. The team also found that banana peel extract protects the retina, from damage caused by light, because it can cause retina cells to regenerate. They suggested drinking banana peel water or juice every evening or several times a week but a tastier option may be to blend into a smoothie with milk and honey.

And, apart from their obvious slapstick comedy value, banana skins can reduce itching and swelling on mosquito bites.



KIWI FRUITS

The skin of these furry little fellas may not look attractive but it contains three times the antioxidants of the pulp and fights off bugs such as staphylococcus and e-coli.

The skin contains flavonoids that are known for their powerful antioxidant, anti-allergic, anti-inflammatory and anti-cancer properties and are a great source of numerous minerals and vitamins. Kiwi fruit is known to have a higher density of Vitamin C than any other and according to one study, eating a kiwi with the skin can actually triple the amount of fibre you gain from it. The skin must be washed thoroughly before consumption and, if you're put-off by the fuzzy skin, the 'gold' kiwi fruit has 50% less fur.



PEARS

The peel of pears is rich in dietary fibres and helps in relieving constipation and keeps the colon healthy. Among the many variety of pears, the Chinese pear is thought to have the most medicinal values.



CUCUMBERS

Eating cucumbers unpeeled give you maximum health benefits, as the outer skin is a good source of fibre and minerals.

The peel of a cucumber has silica that's important for keeping hair and nails healthy. It also keeps the skin plump and free of wrinkles and you can get your recommended daily intake from one cucumber. As the body ages, a loss of silica contributes to the typical signs of ageing – wrinkles, dry hair, brittle nails and bones.

FRUIT A PEEL

Most people know that a healthy diet should include fruit and vegetables but while we usually enjoy the soft, tastier inner portions, it's the peels that contain some of the most beneficial antioxidants.

