

Bitter Gourd



Rujuta Shah

Dietician

Kaizen Hospital

Nutritive Value

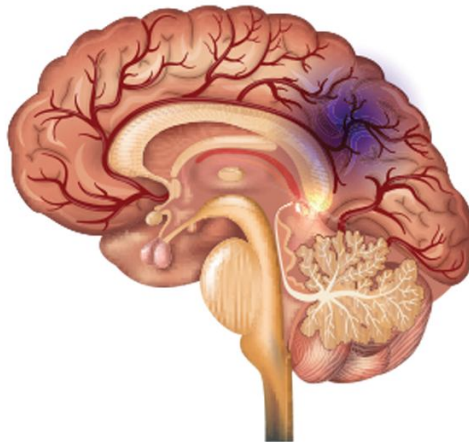
Moisure g.	Protein g.	Fat g.	Mineral s g.	Crude fibre g	Carbo-Hydrates g.	Energy Kcal	Calcium mg	Phos-phorus mg	Iron mg.
92.4	1.6	0.2	0.8	0.8	4.2	25	20	70	0.61

- Bitter gourd is a rich source of vitamins and minerals such as Vitamin A and C, riboflavin, zinc, thiamine, iron, magnesium, potassium, manganese, calcium, betacarotene etc, along with anti-oxidants and anti-inflammatory compounds.
- It is low in saturated fat, cholesterol and high in dietary fibre.

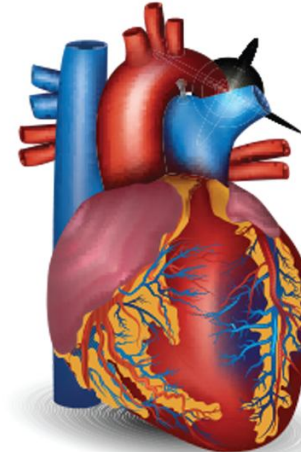
Nutritive Value

- It reduces the risk of heart disease and stroke by lowering the bad cholesterol levels.

STROKE



HEART ATTACK



Nutritive Value

- It strengthens the immune system, improves respiratory function and contains anti-ageing properties.



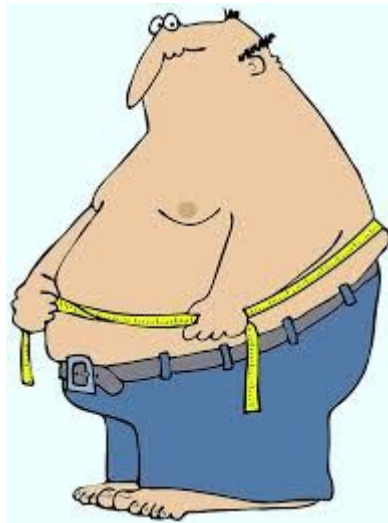
Health Benefits

- **Great for diabetics**
- Bitter gourd contains polypeptide, an insulin-like compound which has anti-diabetic properties.
- Mainly helps patients suffering from Type II Diabetes, especially who are insulin dependant/insulin resistant.



Health Benefits

- As it is rich in dietary fibres, it helps in relieving constipation and indigestion.
- Natural agent for treating obesity.
- Helps in weight loss as it is low in calories, fat and carbohydrates.



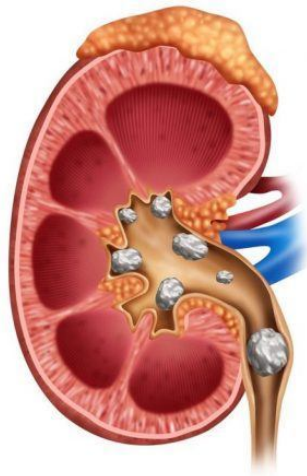
Health Benefits

- It keeps you full for longer, so you avoid over-eating.
- It also improves metabolism.
- It helps to maintain a healthy liver and bladder.



Health Benefits

- It is also useful in curing kidney stones.
- Stamina and energy levels gets improved by regular consumption of bitter gourd juice.
- It also improves sleeping patterns.



Health Benefits

- It also helps in maintaining the blood pressure of the body as it is rich in potassium, which absorbs excessive sodium in the body.
- Also help fight free-radical damage that can cause various types of cancer.



Health Benefits

- Due to its anti-oxidant properties, it prevents premature skin ageing and diminishes wrinkles.
- It also reduces acne, helps in treating eczema and psoriasis, as well as protects the skin from the harmful UV rays.



Health Benefits

- Due to high beta-carotene and vitamin A content, it helps in preventing vision-related problems such as cataract and strengthens eyesight.
- Also helpful in treating dark circles.
- Prevents greying of hair, controls split-ends and hair fall.



Side Effects

- Due to its abortifacient properties, it can also trigger contractions and can stimulate miscarriage. Hence it should be **AVOIDED IN PREGNANCY**.



Side Effects

- Due to its low glycaemic index, combining bitter gourds with standard drugs can reduce blood sugar levels steeply, which may even lead to hypoglycaemic coma.



Side Effects

- Excessive consumption of bitter gourds can cause irregular heart rhythm.
- Red arils (the covering on the seeds) might be toxic to children, as it may cause vomiting and diarrhoea.



How to consume bitter gourd

- Vegetable form (sabji)
- Juice
- Smoothie by adding apples and spinach to it.
- Soup
- Parathas

Thank You

SEARCH

VIDEOS

GI Surgical Videos

< READ MORE >

www.gisurgery.info



Videos

Watch educational edited HD videos with



Presentations

learn about diseases through in-depth



Articles

Update on the latest research articles &



Books

Learn about published books in surgical



Photos

See number of surgical, clinical, endoscopic,



Interesting Cases