

Health Benefits of Acai Berry Fruit

The Acai Berry, which is commonly pronounced a-sigh-ee, is a rather small, round, and black-looking purple. It resembles a grape or a blueberry, but is yet smaller and darker. This fruit has a large seed and minimum amount of pulp. The acai fruit berry is now broadly used in energy juices, ice cream, and certain energy bars with granola.

Acai has been used for many generations by the natives of Brazil. Acai boasts 10 times the antioxidant benefits of [grapes](#) and twice that of [blueberries](#). Acai, some say, tastes like a cross between blueberry and chocolate.

Health Benefits of Taking Acai Berry

- Feel greater stamina
- Improves digestion
- Improves mental focus
- Enhances sleep
- Acai berries have **more protein than one average egg**.
- Acai berries have essential minerals like [potassium](#), [iron](#), [phosphorus](#) and [calcium](#). Also, Acai has [Vitamin B1](#), [Vitamin B2](#), [Vitamin B3](#), [Vitamin C](#), and [Vitamin E](#).
- Acai berries have up to 33 times the Antocyanine as compared to red wine grapes.
- Acai has a high concentration of fibers which is very healthy for the elderly and for anyone experiencing digestive-related problems.
- Acai berries have fatty acids called Omega 6 and Omega 9. Research studies prove that these two fatty acids help maintain healthy cholesterol levels.
- Acai's antioxidant properties play an important role for maintaining the vascular cardiac system; this in turn is extremely vital for optimal blood circulation.
- Acai is being recognized as one of the richest nutritive fruits on earth.
- Because of the berry's amino acid complex and valuable trace minerals, it contributes to proper muscle regeneration and contractions.
- It cleanses and detoxifies your body.
- It [boosts your immune system](#).
- Fights cancer cells.
- Attacks premature aging.
- Promotes younger and healthier looking skin.



One of the newest health foods is acai juice (from the acai palm fruit). This deep purple juice has a number of health benefits, and can be used in a variety of ways, from syrups to flavoring and colorant in wines and liqueurs.

The acai berries are an excellent source of essential [fatty acids](#) ([and Omega-6](#)) plus oleic acid (Omega-9) and phytosterols (compounds of plant cell membranes), which, combined, reduce bad cholesterol and increase good cholesterol. The berries also contain [amino acids](#) and vital trace elements vital to muscle contraction and regeneration, as well provide a source of dietary [fiber](#) (excellent for dietary tract health). They possess high levels of [calcium](#), vitamins [a](#) and [e](#), and [phosphorus](#), as well as high concentrations of polyphenols, making it an excellent source of [antioxidants](#). In fact, it's a much better source of antioxidants than foods such as blueberries, oranges, and even red wine.

Comparing acai berries to milk, **the berries provide four times as much energy, 3 times as**

many lipids, seven times as many carbohydrates, 118 times more iron, nine times as much Vitamin B1, and eight times as much Vitamin C. They have the same amount of [protein](#) and [calcium](#), but only half as much [phosphorus](#) as milk.

Keep in mind that acai should be kept cold in order to maintain its nutritional value. The anthocyanins in the juice (that provide the antioxidants) are unstable and degrade quickly, especially when exposed to heat. Thus, for maximum value, acai juice (and pulp) should not be cooked, and should be served as part of something cold (such as in smoothies or on top of ice cream). This also means that a number of [berry recipes](#) in which you would normally use berry pulp and juice (cobblers and pies, for example) are of debatable value when using acai juice due to the possible degrading of its nutritional value. Keep in mind that this applies to jams and marmalades as well, as part of the jarring process involves heating the filled jars to ensure that the seals are tight.

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