

Plum

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Plums protects against tooth decay and fights constipation

GEEK TALK

Prunus Domestica

BUT WE TALK

Plums

DID YOU KNOW?

There are over 2,000 types of plums that are classified into six categories: Damson, Ornamental, Wild, and the two largest European and Japanese. The European plum has purple or blue skin with a green or yellow flesh and is believed discovered in the area near the Caspian Sea around 2,000 years ago.

Japanese plums have a skin that includes any color from gold to red and has yellow or red flesh and is actually native to China, but the Japanese are the ones who developed the fruit and had the fruit named after them.

KITCHEN PHARMACY

- Plums are a great source of sorbitol, which slows the rise of glucose levels, protects against tooth decay, and fights constipation.
- In addition, plums contain lutein, zeaxanthin, potassium, fluoride, iron, fiber, vitamin A, vitamin C, and vitamin K.
- Plums help increase iron absorption in the body, protect against Macular Degeneration, relieve constipation, and has antioxidant and anti-inflammatory properties.