

Superfruit 101: 11 Things to Know About Dragon Fruit

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“Superfruits” have commanded the attention of health enthusiasts for many years. Due to their numerous health and beauty benefits, we’ve taken a closer look at these new “health heroes” to determine just how powerful they really are.

Discovered in Central America centuries ago, the dragon fruit, aka pitaya, is a night-flowering cactus plant that originated in Mexico and South Africa. “It is now being commercially grown in Asia, where it is widely considered an amazing ingredient for overall health and beauty,” says **nutritionist Franci Cohen**.

1. What Does it Taste Like?

The flavor is mildly sweet, with a taste similar to melon or kiwi. Some have described it as having an earthy-strawberry flavor.

2. Good For

A healthy heart, youthful skin and good digestion

3. Internal Benefits

Promotes Heart Health The seeds contain omega-3 fatty acids that keep the heart healthy and reduce risk for heart disease.

4. Supplies Antioxidant Protection

“Vitamin C strengthens the immune system, eye health and more,” says celebrity nutritionist Paula Simpson.

5. Aids in Digestion

Rich in fiber, “the dragon fruit helps improve digestive systems and IBS by removing toxins,” adds **Cohen**.

6. Transports Minerals

Calcium strengthens bones and teeth, and phosphorus speeds up the healing of bruises and wounds.

7. Did You Know?

The Asian variety of the fruit tends to be very white on the inside, whereas the Central American breed is usually a dark red or magenta color, which carries more nutrients.

8. Topical Benefits

Helps Prevent and Treat Acne

Blend dragon fruit with water to form a paste that can soothe acne and help prevent future breakouts.

9. Counteracts Aging

Rich in beta-carotene, dragon fruit can reduce free-radical damage that causes premature skin aging.

10. Transforms Dull, Dry Skin

“It’s chock-full of vitamin B3, which is ideal for hydrating and brightening skin,” says Simpson.

11. Protects From UV Rays

The juice contains phytofluene and phytoene—molecules that work to naturally curb the hyperpigmentation process and absorb UV light to protect skin.