**Assignment Title:**

**OKRA: TO CURE DISEASES**

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Semester 7th (Self Support)

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| **OKRA: TO CURE DISEASES*** **Lower High Blood Pressure**
* **Prevent Anemia**
* **Help in Diabetes**
* **Prevention of Colon Cancer**
* **Improves Immune System**
* **Prevent Heart Diseases**
* **Prevention of constipation**

C:\Users\javed\Desktop\download.jpg **Prepared By: Umama Noor** Roll # 25 (S.S) 7th semesterB.Sc (Hons.) Food Science and TechnologyInstitute of Food Science and NutritionUniversity of Sargodha, SargodhapakistanEmail: cutiepieofs@gmail.com **OKRA AND COLON CANCER** |



Okra is a nutritional powerhouse used throughout history for both medicinal and culinary purposes. okra is known for it’s high vitamin C, vitamin K, and folate content. Further, okra is known for harnessing a superior fiber, which helps with digestion, stabilizes blood sugar, and helps to control the rate at which sugar is absorbed.

**Important Nutrients in Okra that Prevent Colon Cancer:**

**Dietary Fiber:** **Dietary fiber, also known as roughage or bulk,**

 **includes the parts of plant foods your body can't digest or absorb.**

**Vitamin A: Vitamin A is also called Retinol. The function**

**of vitamin A among others to: maintain eyesight, prevent**

**nearsightedness disease to restore and maintain the body's**

**mucous membranes lining.**

**How Okra Helps in Preventing Colon Cancer:**

The okra fiber reduces the time the stool spends in the intestines,

thereby limiting the colon's exposure to potential carcinogens.

It also binds existing carninogens in the intestines and absorbs

bile acids which could trigger certain bacteria to produce cancer

causing subtances.The okra fiber also promotes the proliferation

of healthy bacteria in the intestines, leaving lessroom for harmful

bacteria that could create cancerous substances.Additionally,the

vitamin A contributes to healthy mucous membranes, helping the

digestive tract to operate appropriately.

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| **Quantity of Important Nutrients in Okra that Prevent Colon Cancer** |
| **Sr. #** | **Name of Compounds** | **Quantity (g/100 g)** |
|  **1.** | Dietary Fiber | 3.2 |
|  **2.** | Vitamin A | 375 IU |

**OKRA AND ANEMIA**

**What is Anemia?**

Anemia is a condition in which your blood has a lower than normal number of red blood cells. Anemia also can occur if your red blood cells don't contain enough hemoglobin. If you have anemia, your body doesn't get enough oxygen-rich blood.

**Symptoms:** As a result, you may feel tired or weak. You also may have other symptoms, such as shortness of breath, dizziness, or headaches.

**Important Nutrients in Okra that Prevent Anemia:**

Lady finger (Okra) contains iron and folate and Vitamin K,

nutrients that help in treating and avoiding anaemia.

**Iron:** Iron is required for the production of red blood cells

(a process known as haematopoiesis) but it's also part of

 haemoglobin.

**Folate:** Folate is also necessary for the production of RBC’s.

These cells carry oxygen from the lungs to other parts of

the body. A deficiency of folate can impair blood cell production.

**Vitamin K:** Vitamin K plays a key role in normal blood clotting.

This is important to prevent excess bleeding, which can lead to

anemia.



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| **Quantity of Important Nutrients in Okra that Prevents Anemia** |
| **Sr. #** | **Name of Compounds** | **Quantity (µg/100 g)** |
| **1.** | **Iron** |  0.80 mg |
| **2.** | **Folate (B9)**  |  88  |
| **3.** | **Vitamin K** |  53  |

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