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Sometimes used as little more than a garnish because of its lively color and interesting starry appearance, the starry fruit is actually rich in important nutrients and health benefits that make it well worth adding to your dish. It is rich in antioxidants, fiber and vitamin C and has been recognized for its beneficial properties in a number of recent studies. In addition to its nutritional profile, it is also incredibly versatile. While many enjoy eating this sweet and juicy fruit as it is, it can also be used to add flavor to many different dishes and works well in everything from main courses to snacks and desserts. And, of course, it works on any diet, including the fruity one. Hungry for more? Read on to learn more about this delicious and nutritious fruit. What is Star Fruit? Starfruit, sometimes called carambola or starfruit, is a type of fruit derived from *Averrhoa carambola*, a type of starfruit native to Vietnam, India, Indonesia, Nepal, Malaysia and the Philippines. Although it has been cultivated for centuries in Southeast Asia, it is not clear where and when the fruit originated. According to some sources, Sri Lanka, Indonesia or Malaysia are some of the most likely sources of origin. And like other fruits native to Asia, such as monk or juggiola fruits, it has long been recognized for its health properties. The pulp of the fruit can vary from translucent to bright yellow, and is surrounded by five crests which, cut in cross-section, resemble a star, hence the name. Both the waxy skin and the juicy pulp of the fruit are edible and typically eaten raw, but sometimes they are also eaten in second courses and desserts. So, what does starfruit taste like? It is available in both acidic and sweet varieties, which differ in their size; acidic fruits tend to be smaller, while the sweetest ones are generally larger. In addition to being delicious and full of flavor, the fruit is also rich in many essential nutrients and boasts a long list of starry fruits. While research is still ongoing, some in vitro and animal studies show it can help fight cancer cells, lower cholesterol levels, keep the digestive system working and reduce inflammation. Star Fruit Nutrition is low-calorie but rich in vitamin C and fiber along with a number of other selected vitamins and minerals. An average star contains about: 31 calories 6.7 grams of carbohydrates 1 gram of protein 0.3 grams of fat 2.8 grams of dietary fiber 34.4 milligrams of vitamin C (38% DV) 0.1 milligrams of copper (11% DV) 0.4 milligrams of pantothenic acid (8% DV) 133 milligrams of potassium (3% DV) 12 micrograms of folate (3% DV) In addition to the nutrients listed above, each serving contains a small niacin, manganese and magnesium. Advantages 1. High in Antioxidants Star Fruit is an impressive source of antioxidants, which are compounds that free radicals and help to improve health. Studies show that antioxidants can come with a long list of health benefits and can help protect against chronic conditions, including heart disease, diabetes and cancer. In particular, the fruit is high in several compounds of specific plants and polyphenols with powerful antioxidant properties, including quercetin and rutin. In vitro and animal models have found that quercetin can help improve physical and mental performance while Rutin is believed to have benefited both the brain and heart health. 2. It can have anti-cancer properties in jam-packed with antioxidants, it should not be surprising that some studies have reported that this nutritious-dense food could have potent anti-cancer properties. Although current research is limited, a 2014 animal model from the Laboratory of Radiation Biology and Cancer at the Department of Zoology of the University of Rajasthan in India found that the administration of a star fruit extract helped protect against liver cancer in rats. Some of the specific compounds found in the fruit have also been shown to be effective against cancer, such as quercetin, which has been shown to block the progression of cancer cells in some in vitro studies. However, research is still needed, however, to determine the potential effects of starfruit on cancer in humans. 3. lowers cholesterol, although cholesterol is a vital part of health, having too much can cause it to build up in your blood, harden your arteries and weighing up the risk of heart disease. Interestingly, in vitro and preliminary animal studies have found that some of the compounds found in the fruit could help lower cholesterol levels to keep the heart healthy and strong. It is well established that fiber can help lower levels of Bad LDL cholesterol, which can help reduce the risk of coronary heart disease. In fact, a study published in the International Journal of Food Sciences and Nutrition out of Mexico found that the insoluble fiber extracted from Star Fruit helped reduce high triglycerides and cholesterol levels in mice. 4. Increases immunity Only a medium star fruit can lower up to 52 percent of your vitamin C requirement, putting it on par with foods like oranges, lemons and lime when it comes to boosting immune health. According to a study outside Switzerland published in the annals of nutrition and metabolism, getting enough vitamin C in the diet could help reduce the duration of respiratory tract infections such as the common cold while also reducing the severity of symptoms. Vitamin C can also help protect against other conditions, including infections from malaria, blood poisoning, and diarrhea. Not only that, but this fruit is also rich in antioxidants, which can protect cells against oxidative damage to reduce the risk of inflammation, infections and chronic diseases. 5. Supports Fruit Star Health Digestive is considered a high fiber food, which can help give your digestive system a healthy boost. Add only one you serve in your diet and and already meet up to 10 percent of your daily fiber needs in one shot. The fiber moves slowly through the undigested body and helps to increase the mass of feces and prevent constipation. In addition to supporting regularity, fiber has also shown to play a central role in other aspects of digestive health as well. It helps promote the health of the intestinal microbiome and can be useful in treating and preventing conditions such as diverticulitis, hemorrhoids, intestinal ulcers and acid reflux. 6. Reduces inflammation While acute inflammation is an important immune process designed to help protect the body from foreign invaders, chronic inflammation can actually be harmful to health. Supporting long-term inflammation has been linked to many chronic diseases, including heart disease and autoimmune disorders. Star fruits are rich in antioxidants that work to reduce oxidative stress and relieve inflammation. An animal model of 2016 outside Brazil and published in the International Journal of Biological Macromolecules has also shown that stellar fruit extracts have helped reduce the inflammation of mice, which could potentially help decrease the pain related to inflammatory caused by conditions such as rheumatoid arthritis. With its wide range of nutrients and antioxidants, the properties that promote the health of stellar fruit can be easily incorporated into traditional Chinese medicine and Ayurveda. In traditional Chinese medicine, it is considered a cooling fruit along with other foods, such as grapefruit, seaweeds, tomato, watermelon and chestnut. This means that it has a cooling effect, which can help to provide balance to the body. Foods with a cooling effect are sometimes used to relieve symptoms such as chronic thirst, constipation, headaches, cold pains and heartburn. Meanwhile, on the Ayurvedic diet, it is believed that the fruit helps to treat conditions such as cold and cough, as well as digestive disorders such as irritable bowel syndrome. It is considered light and easy to digest, making it a great measure for kapha and vata doshas in particular. Star Fruit vs. Kiwi Kiwi Fruit and Star Fruit surely share some similarities in different aspects. They are both considered tropical fruits, both native to different parts of Asia, and are both equally delicious and nutritious. That said, there are also some defined differences that separated them. First of all, they belong to families of completely different plants, and the kiwi fruit actually grows on woody vines rather than trees like the stellar fruit. While the stellar fruit stands out for its star shape and lively yellow hue, the kiwi fruit is small and round with the brown, bright green meat and small black seeds. In terms of nutrition, kiwi in more calories, but also provides a greater richness of nutrients. Gram per gram, kiwi provides more fiber, vitamin K, vitamin E, folate and stellar fruit potassium, plus contains almost triple the amount of vitamin C. However, both are a great source source antioxidants and can be healthy additions to a nutritious and well-rounded diet. How to Eat Finding fresh fruit stars can be difficult, especially if you live in an area where it is not commonly cultivated. You can find in the products section of your local grocery store along with other tropical fruits such as dragon fruit, mangoes and coconuts. You may also need to look a little further and search your nearest farm market or specialty store if you have trouble finding it. When you buy this fruit, look for one that is firm, uniform in color, free of brown spots. The picking of a bright yellow fruit ensures it has reached its peak of ripeness and is ready to be enjoyed. At first glance, many people are not sure how to cut stars. Fortunately, it's easier than it looks. Just wash it thoroughly to remove dirt, and then use a knife or a peeler to cut the green or brown edges of the fruit. Cut the two ends and then slice along the wider side of the fruit to create thin, star-shaped slices about half an inch thick. Even if the seeds are not edible, you can also detach them when cutting the fruit if you prefer. Wondering how to eat fruit stars? Thanks to the unmistakable flavor of starry fruit, it can be eaten raw or added to a variety of dishes. Sometimes it is cooked like a vegetable, dried or even pickled. It is also used in recipes to prepare everything from sauce to smoothies to fish dishes, all according to your personal preferences. Related: What is Pomelo Fruit? Top 7 Benefits & How to Eat It Recipes Although it is often eaten alone, there are many other interesting ways to enjoy this delicious fruit. You can detach the blender or citrus squeezer to make star juices and smoothies or even include it as part of a nutritious snack or main course. Here are some simple recipes to get you started: Risks and Side Effects Despite the many benefits of the star, it may not be a great food addition for everyone. While it can be a great way to boost your intake of vitamin C and fiber, there are some groups of people who should avoid this fruit altogether. Starry fruits, and acidic varieties in particular, are rich in oxalates, compounds present in some foods that can increase the risk of kidney stones for some individuals. In some cases, eating large amounts of starry fruits has also been linked to kidney damage. In addition, a Brazilian journal has also observed that eating fruit stars can cause neurotoxicity in patients with chronic kidney disease, due to the presence of a specific toxin in the fruit. Therefore, if you have kidney problems, it is best to limit your intake to avoid from stellar fruits until you consult with your doctor. In addition, fruit stars may alter the way some drugs are metabolized in the body by inhibiting the activity of several key enzymes. If you are taking any medication with a prescription, consult your doctor. Career care provider to ensure that eating starry fruits is safe for you. Final considerations The fruit of the star, also known as carambola or stellafruit, is a kind of fruit native to Vietnam, India, Indonesia, Nepal, Malaysia and Philippines. It stands out for its bright yellow pulp and star shape, as well as for its particular varieties of agrodolce flavor. Star fruits nutrition is low in calories but rich in fibers, antioxidants and vitamin C. It also contains a small amount of copper, pantothenic acid, potassium and folate. Although human studies on fruit effects are limited, some research suggests that it can help lower cholesterol levels, improve digestive health, fight inflammation and strengthen immunity. It can also contain antitumoral properties thanks to the high antioxidant content. The star is rich in flavor, easy to prepare and you can enjoy in a variety of different recipes, which makes it a great complement to a balanced and balanced diet.

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