

Chestnuts

Chestnuts, found above all in mountain areas, are full of starch which made them a main source of food for many people around the mid-20th century.

There are essentially four types of chestnut trees: American, European, Chinese and Japanese, which bloom in full summer and whose fruits are called chestnuts.

These are the beneficial health properties of chestnuts:

1. They are gluten free, so suitable for people with coeliac disease;
2. They are anti-inflammatory, thanks to the presence of phenolic acids that have powerful antioxidant properties;
3. They restore intestinal activity, thanks to their abundance of fibre;
4. They are prebiotics (a prebiotic is a compound used by our bacterial flora as a growth substrate to feed itself and remain healthy);
5. Being rich in fibre they limit the absorption of cholesterol, which means lower LDL levels. In addition, they contain the omega-3 and omega-6 fatty acids, also present in fruit, which help reduce cholesterol;
6. They contain folic acid, optimal during pregnancy and in cases of anaemia;
7. They prevent neurodegenerative pathologies thanks to the Vitamin E they contain, fundamental for our nervous system and for preventing some degenerative pathologies linked with age;
8. They repair the skin. Thanks to its anti-oxidants, chestnut extract can be useful for improving hydration and skin damage caused by exposure to UV rays;
9. They contain zinc, useful for prostate health;
10. They are restorative.

