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## Did you know facts about fruit and veg

Slow-growing trees bring the best fruits. - The fruits of molers are filled with nutrients, vitamins and fiber. Whether you eat raw, cooked, or as a cocktail ingredient, the fruit is quite amazing and attractive. Before thinking you know all about food on your plate, consider this list and think again. 31. Not berries? Blackberries and strawberries are not technically berries, since they are obtained from one flower with more than one ovary, so they are a common fruit. True berries are simple fruits obtained from one flower with one ovary and usually have several seeds, including tomatoes, pumpkins and watermelon. 30. Nope, I'm Done Growing Up Grapes When Picked, Can't Mature. This does not look like bananas or oranges, which are usually taken green, and then allowed to ripen in warehouses. Pixabay 29. Seeds Plenty of Strawberries have an average of about 200 seeds. Pomegranates can contain up to 1000 seeds. PxHere 28. A whole lot of Jack Jackfruit was found to be the largest tree fruit in the world. Jackfruit can weigh as much as 100 pounds. There was a jackfruit that grew as tall as 4 feet tall! Pixabay Most of the fruit displayed for sale in supermarkets are clones. This genetic manipulation of fruit causes vaccinations so that customers can buy fruit, they have a consistent appearance and taste. If natural pollination occurred, the fruit sold may be more like a box of chocolate. There would be many more unexpected results! Flickr 26. One Pricey Melon Japanese Yubari cantaloupe is one of the most expensive fruits on the planet. At auction, two of these melons sell for \$23,500! In Japan, paying excessive prices for luxury fruits is a huge trend and a common gift in business relations. Shutterstock 25. It still tastes fresh apples is one of those fruits that are available for sale all year round, although the actual harvesting season is quite short. Thanks to technology, apples can be stored and stored, the gap between harvesting and actually making it to the market. So in short, today's purchased and edible apple can actually be up to one year. Pixabay 24. Bananas in nature contain more than 1000 different varieties of bananas, but most of them are not well eaten. Most of the bananas sold in stores today are Cavendish Banana, chosen for resistance to fungal disease. Although it is resistant to one disease, it is now threatened by others and the lack of genetic diversity threatens to eradicate all banana species. Shutterstock 23. Keep Warning Apples increase mental alertness because of their high level of boron. Eating an apple will provide a more healthy energy boost than drinking a cup of coffee. Pixnio 22. More bounce in ounces of cranberries can bounce off. John Peg Leg Webb discovered that these small fruits could bounce when he fell cranberry down the stairs Apparently, cranberries inside have small air pockets that allow them to float and bounce. The larger cranberry bounce, the better cranberries. Shutterstock Coconuts is a very popular fruit that contains antioxidants and is rich in vitamins and minerals. The name coconut comes from 16th century Portuguese sailors. It is believed that three coconut holes were similar to the face, so the fetus was honored with the word coco, meaning a grin or grinning face. The nut part was added later with English. Pixabay 20. I Can't Believe You Are Faux Strawberries are not berries or even fruits, technically. Berries are defined as inside their seeds. Strawberries are pseudocarp or fake fruit. On the outside of strawberries, seeds are the real fruits. Shutterstock 19. Just a tad bit toxic cyanide is a toxin found in certain fruits such as apples, peaches, apricots, and caste roots. Potatoes contain a toxin called solanine, which can cause paralysis, hallucinations or death. Fortunately, you can take these plants without worrying, because the amount of toxin is very low. Flickr 18. More muscle power than beef pumpkin seeds contain more protein than the same amount of ground beef. Broccoli also has more protein calories than steak. Guess that those vegetarians and vegans were into something. Flickr 17. Fruit cure wounds Chilli Peppers are often used as spices, but they have the power to promote wound healing and blood clotting. Cayenne pepper helps to regulate blood pressure and cure injuries. Whether you eat cayenne pepper or sprinkle it into the wound, it will help you heal faster. The power of pepper for rescue! Pixabay 16. The melon canteen erupted before the miracles of extravagant water systems, people carried watermelons to stay hydrated. Watermelons are 92% water. Since this melon had thick skin that kept water inside, it was a great form of libation for explorers and people in the desert. Public Domain Pictures Until 2015 Raisin growers in the United States had to postpone a certain amount of raisins to the national raisin reserve. There is even a Raisin Administrative Committee that enforces the law. This was done to control the price of raisins. PxHere 14. Always in season avocados are the most fatty of any fruit or vegetable on the planet. Since avocado trees emit an enzyme that prevents fruit from fully maturing on a tree, farmers can use trees to store avocados until they are ready to go on the market. Pixabay 13. The word question The word fruit is a botanical term, and vegetable is a culinary term. Thus, the tomato can be considered fruit and vegetable. In 1893, the United States Supreme Court ruled that the tomato was legally labeled with vegetable, even though it was a fruit. PxHere 12. Homer Simpson was into something an Oregon farmer managed to successfully grow the tomacco plant. It is a hybrid of tobacco and tomato plant. It's a charming endeavor, an episode of The Simpsons, managed to bear fruit for a year and a half! The question now is whether it is smoked or eaten? The Simpsons, 20th Century Fox Television 11. Taste better than smells of Indonesia and Malaysia live in durian, which is known as the king fruit in many South Asian countries. This fruit is covered with small spikes and is said to smell terrible. In some places, such as Japan and Thailand, it is illegal to keep durian fruits in public due to its sharp smell. Pixabay 10. Strange Connections people who have an allergy to latex are more likely to be allergic to mangoes and kiwis. Shutterstock Pineapple is a combination of many individual flowers, or berries converge around the core. Pineapple contains about 75% of the daily recommended amount of manganese for strong bones. Pineapple needs three years to mature. Picryl 8. False identity Almonds is a member of the peach family and is not really a nut. Maximum number of pixels 7. Dogs and dog lovers Beware grapes and raisins can be deadly for dogs and other pets, as this can lead to kidney failure. Shutterstock 6. Don't mind if I drink my fruit coffee beans there is a berry pit, and therefore fruit. Coffee has psychoactive properties and can make you hallucinate. 100 cups of coffee can give the human body a lethal dose of caffeine. Flickr 5. The Blow Fish Fruit African cucumber is one of the oldest fruits of origin more than 3,000 years ago in Africa. It is also called a blow fish fruit because its spine is covered with yellow ergot. People use African horn cucumber juice to solve eczema and kidney problems. Pixabay 4. The oldest fruit in the world figs is believed to be one of the oldest, if not the oldest cultivated fruit consumed by humans. Figs contain a lot of fiber, iron and potassium. Fig Newton cookies have been around since 1891, testifying to the popularity of figs. 2500 B.C. 100 km. C tablets indicate the use of figs for cooking. Neolithic sites from 5000 B.C revealed the remains of fig trees during excavations. Fig trees can easily live 100 years! Pexels 3. Hi Cousin Apples, Pears and Plums are part of the rose family. Maximum pixel 2. Deadly Cocktail Individuals taking certain prescription drugs should be careful what fruits they consume. Eating grapefruit, which is a good source of vitamin C, can become life-threatening. Since grapefruit contains compounds that change the way your body metabolizes certain drugs, the body can absorb larger amounts of the drug than is useful, which can lead to medical problems and death. Shutterstock 1. Peel appeal Orange fruit peel has four times more fiber than actual fruits. There are also plenty of antioxidants to peel too. You can get some of these advantages, grating a little peel into the next meal. I wonder if candied peel counts too? Pixabay Sources: 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13 Posted on 1 January 2021 Chairs tables tables most people need parts for the working environment, but it costs. Often people experience back pain or neck pain while sitting in front of the computer. And in some extreme cases, people may experience some health problems due to sitting in their chairs all day. This problem has been around for a long time, so until this pandemic began, as a lot of people's lives are sitting. Not only do we sit at the table, but we also sit on the couches so we can watch TV and more. According to studies, we spend an average of 13 hours a day sitting - for both leisure and work purposes. It is not surprising that people need to find better solutions to improve posture. One of the

best tools created because of this are standing tables. A new take on someone familiar, we're going to detail below about the benefits of standing tables, which ones consider buying.7 Benefits permanent DeskIf you are not very familiar with the trend of standing tables, know that you are not alone. Standing tables have only recently become popular and not everyone there is too fond of them. But let me show you a few reasons you'll be keen on them and consider getting one.1. You lose WeightGenerally speaking, losing weight you need to burn more calories than what you are taking. You gain weight by taking more calories than what you burn. In case you sit at the table, you are definitely not burning any calories, despite the fact that your muscles are painful and stiff after a while. On the other hand, even things like parking actually burn calories. Studies show that more than 170 extra calories were burned while standing. In other words, you can burn almost an extra 1,000 calories just by standing at your desk every afternoon while working. Studies also show that longer sitting is so strongly associated with metabolic diseases and obesity.2. Lower blood sugarAlong on the same line, sitting for a long time can make your blood sugar rise after a meal. This is especially true for those who have insulin resistance or type 2 diabetes. Even just standing at the table in the afternoon can do a lot of good, as some office workers have confirmed. Scientists say that standing for 180 minutes in the afternoon, the spike in blood sugar levels decreased by 43% compared to sedentary. This is one of the many advantages of standing tables.3. Lower risk of heart disease If you have lower blood sugar and burn more calories, you will naturally avoid less heart problems in the future. It is now widely recognised that the more you sit, the higher the risk of heart problems.4. Reducing Back PainI wouldn't show standing tables if I didn't believe in their benefits, such as helping reduce back pain. However, there is a claim in research backing up the claim that standing tables reduce back pain. One study showed that participants reported 32% relief in the lower back after a few weeks using standing tables. The CDC CDC found that using a sit-stand desk to reduce upper back and neck pain by 54% after 4 weeks of use as well. To increase ProductivityOne from common misconceptions about standing tables is that they interfere with everyday tasks like writing. Although we will not accept that parking will take some time to get used to, most people have not seen a significant impact on normal work tasks. One study showed that using a standing table for 4 hours each day did not have any effect on characters entered per minute or printing errors. In fact, you can be more productive than before because you stand to improve both mood and energy levels.6. To boost mood and energyGoing in detail with this, studies show that an improvement in mood and energy levels is due to a decrease in stress and fatigue. One study found that those who use a standing table reported fewer of these two things. What is even more surprising is that when people returned to their desk, the overall mood and energy level returned to its original level.7. Living longerConsidering is a lower risk that many health problems reduce just by standing more, it makes sense you will live longer from this joint. There is a huge amount of research that shows how sat down is dangerous to our overall health. So, the stand has more sense, which shows the various advantages of standing tables I've introduced here.10 Best Standing DesksAs the more research emerges about the benefits of standing tables, the more they become attractive and the more people want to buy them. Naturally, many companies have reached this demand and offer many different opportunities. Below I have selected some of the best standing tables that give you all the advantages above and offer some other unique aspects.1. The Most Desk Space Standing DeskThis is one of the best sellers around and for good reason – a permanent table from FEZIBO allows you to take advantage of standing tables and offers a few other things. One of the main aspects is a large area of work. It includes a space of 55 x 24, which gives you plenty of space when standing. Actually, if you want, you can easily fit two desktop monitors on this table! Buy a table here.2. The best adjustable compact table for those looking for a compact standing table, Seville Classics is a good choice. Unlike standard standing tables, this is a more platform-standing table. It is meant to be on the workplace, not on its own. Even in this small case, it provides enough space – about 30 inches wide and 20 inches deep – and also has a keyboard case. Another beautiful thing about this table you can easily and without any noise convert it into a standing and sitting table. Buy the Seville Classics table here.3. An alternative adjustable Compact DeskAnother compact table alternative that is similar to seville classics is one of the ABOX. They have an electric standing table that can adapt to different heights. How to you can use this both while sitting and standing. However, this unique is the slightly larger space in which it provides, plus one-button auto-lift. In addition, the design is more robust and can hold up to 44 pounds. Buy an ABOX standing table convert here.4. Best High Rise Standing Desk For those who want an even more unique design, one of the options is the Victor High Rise Collection. As with the previous two, this requires support for the existing workplace. But the big main difference is where everything is laid out. Since this standing table uses a detachable pole, it is ideal for monitors if you plan to use it while standing. It also offers sit-down options for additional panels that can be attached to the back pole. Some other notable features are easy tap technology that allows you to quickly convert. It also has a safety sensor that protects you and your desk, because the sensor detects objects by dropping into a sitting position. In addition, since it is to support the poles, you are allowed to freely adjust the height at any time. Try it here.5. The best L-shaped electric permanent tableFEZIBO offers a wide range of quality standing tables, while the other one we wanted to mention was their L-shaped electric standing table. It can support itself independently, so you don't need additional support for the workplace, and it is uniquely shaped, unlike other tables on this list. It is also fully electric, can easily adjust between standing heights and seating heights if necessary. The design is also ideal for corner spots or if you are looking to combine multiple L-shaped tables in a collaborative space. Try this table here.6. The ideal advantages of Office Study DeskOne from modern standing tables are their adjustable height. With double engines working together, this standing table offers smooth and easy adjustment when it comes to height. It is also one of the stronger tables made of heavy steel. It can hold more than 260 pounds and offers the same elevations as many stand-alone tables that are on this list. Another nice feature is 4 preset buttons. This allows you to adjust the height of the table, making it in memory. Just press M to adjust to the position and set it up. Take ergosoft standing table here.7. The ideal surface of TopTypical standing tables often uses wood or metal, but you can find a rare standing table that uses bamboo. In the case of uplift desks, some surface tops are bamboo. Why is it so important? Well, one, bamboo is more solid than most other materials, and is also environmentally friendly and still attractive in appearance. It can lift 355 pounds with its 3-step legs and offers a double monitor space. It even comes with a 10-year all-inclusive warranty that is coverage unlike other companies usually offer. Get uplift's table here.8. Alternative L-shaped permanent table If you are looking for another l-shaped table, the alternative is one of the gentleman. Mr. The exclusive advantage of this standing table is simple installation and cleaning - easier cleaning is due to the fact that the surface material is anti-skidding and anti-scratch. Buy mr. Ironstone's standing table here.9. The best permanent table FrameWith many tables that can be easily broken down, another option is simply to change the basis of the table. In the case of FEZIBO frames, this ensures the same high quality, but at a lower price, because only gets a frame. This particular frame is made of metal, has 4 locking wheels and a cable control case and touch control, and has a length of 43.31 to 59.05, so it is compatible with many of the workstation tops to which you want to attach it. Buy a frame here.10. The portable deskSIDUCAL makes standing tables that are suitable for laptops. While it will be difficult to get a monitor, the laptop's standing desk can offer some other unique perks. For example, it is a very mobile standing table, which allows you to easily transfer it to the office space. Secondly, since it is designed for laptops, it is lightweight and has a panel that can be adjusted for laptop layout. Finally, it still offers a decent amount of space for other items- not for another desktop, but for office supplies, a bottle of water and other items would be good. Buy a portable standing table here. EssenceThere are many advantages of standing tables, and their modern ergonomic design offers much more than the existing advantages of standing. As you can see, even these tables offer additional privileges that any regular table can offer, and then some. Buy one of the proposed standing tables today, and enjoy having one benefit. Featured Photo Credit: LinkedIn Sales Navigator via unsplash.com unsplash.com

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