

# Health Benefits of Jackfruit:

Jackfruit Leaflet No. 6, Series of 2014

- Improves digestion because it is high in fiber and water content.
- Strengthens the immune system because it is high in vitamin C.
- Helps protect against degenerative diseases and cancer because it is high in phytonutrients and anti-oxidants.
- Lowers blood pressure because it is high in potassium.
- Clears skin and maintains good eye sight because it has vitamin A.
- Prevents anemia because it is high in iron.
- Helps in proper functioning of Thyroid due to its copper content which helps thyroid metabolism, thyroid hormone production and absorption.

*Produced with support from the:*



Philippine Council for Agriculture, Aquatic and Natural Resources Research and Development (PCAARRD)



Department of Agriculture (DA) Region 8



Visayas State University (VSU)



Department of Development Communication (DDC)



Department of Food Science and Technology (DFST)

## Production Staff

**Dr. Roberta D. Lauzon**

**Dr. Lorina A. Galvez**

Subject Matter Specialists

**Ireen Grace S. Palima**

Layout Artist

**Dr. Wolfreda T. Alesna**

Editor and Layout Consultant

*For more information, contact:*

### The Head

Department of Food Science and Technology (DFST)  
College of Agriculture and Food Science (CAFS)  
VSU, Baybay City, Leyte  
6521-A Philippines

**Dr. Lorina A. Galvez**

Phone No. 09355766864

E-mail: galvez3352@yahoo.com

**Dr. Roberta D. Lauzon**

Phone No. 09176341486

E-mail robertalauzon@yahoo.com

## How to make

# Jackfruit Puree

