

# THE 20 HEALTHIEST FRUIT & VEGETABLE PEELS

STOP Throwing These  
Incredibly-Good-For-You Peels Away!



**BRIAN VASZILY** |

Founder of The Art of Anti-Aging  
Host of *The Age-Defying Secrets Summit*

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## The Most Powerful Healthy Aging & Longevity Steps You Aren't Hearing About

In *The Age-Defying Secrets Summit*, you are about to discover the proven most effective yet largely *unknown* natural steps you must take to look and feel your best, avoid and overcome disease, and live long and well.

**Each of the 21 interviews truly holds the potential to change your life, so you don't want to miss a moment of this once-in-a-lifetime online event!**

And to start things off, in this important new report, you're about to discover why you should leave the peels on many of your fruits and vegetables, how to eat them, and why they are beneficial to your health and the environment.

**Please DO share this useful report with loved ones!**



*"What steps are you NOT hearing about that will make the most powerful difference in how long and well you live?"*

*Twenty one of today's most trusted healthy aging and longevity doctors and researchers are about to reveal the life-changing answers in The Age-Defying Secrets Summit. My good friend and natural health veteran, Brian Vaszily, is an outstanding host, the secrets you'll learn are as essential as it gets, so be sure to listen closely to this important event!"*

**DR. JOEL FUHRMAN**

World-Renowned M.D., 7-Times NY Times Bestselling Author

# HOW DO YOU REALLY FEEL ABOUT THE FOLLOWING?

Hello, Brian Vaszily here, founder of The Art of Anti-Aging, where over 700,000 people in their “middle years” and “golden years” have signed up for our healthy aging insider insights. I’m also your host for *The Age-Defying Secrets Summit: The Most Powerful Healthy Aging & Longevity Steps You Aren’t Hearing About*, and a health researcher and bestselling author who others have called a “leading voice” in the natural health world for over 20 years.

And before diving into this special report, please see how you feel about the following...

Here at The Art of Anti-Aging, the “anti” means **we’re against all the destructive lies about getting older** out there that equate hitting your 30s, 40s, 50s, 60s and beyond, with becoming increasingly undesirable, incapable, doomed to suffering and disease, and “over the hill.”

We’re **against all the toxic “solutions” and toxic thinking** so often pushed on people by the Big Cosmetic, Big Food, and Big Pharmaceutical industries, who so often play upon those destructive aging lies and manipulate people through fear.

Instead, we are certain that when you take the right steps, your “middle years” and “golden years” will truly be your best years.

And **we are 100% committed to providing you with the proven most effective health and wellness steps** to achieve that... to look your best, feel amazing, avoid and overcome disease, and live a long life doing it.

If our mission sounds worthwhile to you, welcome to our positive and supportive community. 😊



**BRIAN VASZILY, FOUNDER**

# CLARITY ON WHAT WILL MAKE THE BIGGEST IMPACT ON YOUR HEALTH AND LIFE

There's an overwhelming amount of health info out there in online events, blogs, articles, and more. And it all presents **two very big problems** that frustrate and even mislead many people.

One, so much of it is not evidence-based from sources you can trust.

Two, it causes serious confusion, because people are unclear on what steps to invest their precious time and energy in that will actually make the fastest and most powerful difference in their health and life.

That's why *The Age-Defying Secrets Summit* truly may be THE most life-changing and possibly even life-saving event you ever experience.

You see, in *The Age-Defying Secrets Summit*, I'm getting straight to the heart of the matter for you. That's because I'm gathering 21 of today's most renowned healthy aging and longevity doctors and researchers, each from different areas of expertise. And I'm challenging them each to reveal their answers to this one MISSION-CRITICAL question for you:

***"From your specific area of expertise, what are 3 to 5 things that almost no one knows about – but that everyone needs and deserves to know – because of how powerfully it can help them look and feel their best, avoid and possibly even overcome disease, and live long doing it?"***

Yes, that means you're getting TOTAL CLARITY on only the most important and effective secrets that will make the most difference in your health and life.

True, you don't yet know from which of the 21 top doctors and researchers the insights will come that lead to the biggest breakthroughs for you in particular...

However, considering these world-renowned experts are each revealing only their proven most powerful secrets, you can be **certain** those life-changing insights WILL come. That is why **you truly do not want to miss a moment** of this unique summit. If you miss even a single expert, after all, you may well miss that one crucial gem that makes ALL the difference for you. Therefore...

[Head here now to sign up for the FREE online \*The Age-Defying Secrets Summit: The Most Powerful Healthy Aging & Longevity Steps You Aren't Hearing About\* if you aren't signed up already and...](#)

[Head here to get the COMPLETE recordings and written transcripts of the entire summit](#) if you don't feel you'll be able to hear all 7 days of this essential event when it airs live, and to experience it all on your own schedule when and where YOU choose.

With that noted, the summit actually starts NOW, with this useful new report....



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# STOP THROWING THESE 20 INCREDIBLY-GOOD-FOR-YOU PEELS AWAY!

Whole fruits and vegetables are without question a cornerstone of a healthy diet.

However, if you commonly peel your produce, you may be missing out on the most nutrient-packed part.

Though they are frequently regarded as merely something to be thrown away (or hopefully composted), many fruit and vegetable peels are more than just edible.

They contain some truly outstanding health benefits— as demonstrated by impressive research studies.

This means that if you are in the habit of giving your produce a “haircut” before eating it, it’s time to reconsider!



# WHAT'S IN A PEEL?

## WHY YOU SHOULDN'T PEEL MOST PRODUCE

It may surprise you to learn that peels are often the healthiest part of a fruit or vegetable.

Of course, that doesn't mean you should start eating only the peels and ditch the rest, but it should make you consider leaving them on more often— even on some unexpected fruits and veggies.

### SO, WHAT MAKES PEELS SO POWERFUL?

Well, the specific makeup of a peel will vary depending on which fruit/vegetable it comes from, but there are generally three outstanding characteristics that hold true for most, if not all, produce peels.



#### #1: PEELS CAN DOUBLE OR TRIPLE YOUR NUTRIENT INTAKE

It's no secret that fruits and veggies are packed full of nutrients. What is surprising is the fact that peels quite frequently contain more nutrients than the rest of the fruit (or vegetable) and can drastically boost your vitamin and mineral intake.

As an example, leaving the peel on a raw apple gives it about 332% more vitamin K, 142% vitamin A, and 115% more vitamin C than the peeled version! <sup>(1)(2)</sup>

And again, though the numbers will differ somewhat for each peel, this largely holds true for all of the fruit/vegetables listed in this report.





## #2: PEELS CONTAIN LOADS OF GUT-BOOSTING FIBER

Fiber is essential for good health in numerous ways. It helps to keep you “regular”, feeds the good bacteria in your gut, and is a natural weight management tool because it helps you to feel fuller for longer. Getting enough fiber can even help combat chronic inflammation and slash your risk of heart disease, diabetes, and cancer. <sup>(3)</sup>

### THE BAD NEWS?

Only about 7% of adults get the recommended daily amount of dietary fiber in the U.S., according to the American Society for Nutrition, and the average daily fiber intake in the U.S. is less than half the recommended amount— with similar statistics worldwide. <sup>(3)(4)</sup>

Eating more fruits and vegetables is an excellent way to up your fiber intake, but up to one-third of the fiber content is found in the peels of produce. If you take them off, you’re missing out on a significant source of fiber.

### NOW, FOR THE THIRD AND FINAL KEY CHARACTERISTIC OF PEELS...



### #3: PEELS ARE SKY-HIGH IN ANTIOXIDANTS

This one aspect of fruit and vegetable peels is so incredible that it has to be given its own section.

As you may know, consuming antioxidants regularly is one of the golden keys to longevity, younger-looking skin, and a host of other health benefits.

Plant foods are the best source of these anti-aging compounds, and many fruits and vegetables make it high up on the list of antioxidant-rich foods.

Unfortunately, peeling your produce means that you are drastically cutting down on your antioxidant intake because researchers have discovered that antioxidants are typically concentrated in the outer layer of fruits and vegetables— aka the peels. <sup>(5)</sup>

In fact, antioxidant concentration can be up to 328 times higher in the peel than in the flesh/pulp! <sup>(6)</sup>

Additionally, certain antioxidants are present in high concentrations in the peel but are absent (or present only in tiny amounts) from the rest of the fruit or vegetable. A great example of this is limonene, which is an antioxidant found in the peels of citrus fruit but not significantly in the pulp. <sup>(7)</sup>

In short, to boost your antioxidant intake AND get the widest range of antioxidants possible, leave the peels on.

#### WHY YOU WANT TO CONSUME AS MANY ANTIOXIDANTS AS YOU CAN

Boosting your antioxidant intake is so critical for health and vitality that their high antioxidant content alone is reason enough to leave the peels on your produce.

As you may know, antioxidants are the ultimate free radical fighters, able to neutralize these otherwise destructive molecules that damage the cells and tissues within your body, contribute to chronic inflammation, and accelerate the aging process. <sup>(8)</sup>

This is more important than most people realize because free radical damage (also called oxidative stress) is now connected to a host of age-related diseases.

To give you just a brief overview, studies have linked accumulated free radical damage to devastating diseases like dementia, cancer, heart disease, diabetes, rheumatoid arthritis, and more. <sup>(9)</sup>

Because they neutralize free radicals, this gives antioxidants fantastic health benefits that include an ability to combat chronic inflammation, slow skin aging, promote heart health, protect brain function, and cut your risk of cancer and many other age-related diseases. <sup>(10)</sup>

**AND IF YOU CAN GET 328 TIMES MORE ANTIOXIDANTS FROM THE PEEL THAN THE REST OF THE FRUIT/VEGETABLE— EVEN 50 OR 100 TIMES MORE— WHY WOULDN'T YOU?!**



## **IMPORTANT NOTE: BEFORE YOU EAT THE PEEL, DO THIS**

Before we get into the list of healthiest fruit and vegetable peels you can eat, there's one important caution you need to keep in mind: Most conventional produce is sprayed with toxic pesticides, which end up concentrated in the peel as pesticide residue. <sup>(11)</sup>

This means that while eating the peel can boost your nutrient, fiber, and antioxidant intake, it can also boost your intake of toxic pesticide chemicals, which is bad news for your health.

Because peels are so good for you, the ideal approach is to buy USDA Certified Organic produce (or the equivalent in other countries) whenever possible to ensure that your fruits and veggies are free of toxic pesticides.

If buying all organic produce won't fit in your budget, focus on the "Dirty Dozen" that are most likely to be contaminated with pesticide residue. (You'll find the annually updated Dirty Dozen list on the Environmental Working Group's website, but among the produce covered below in this report, apples, pears, peaches, and grapes routinely make the list of most contaminated.) <sup>(12)</sup>

At the very least, thoroughly wash all your produce before consuming it because this will remove some— though not all— of the pesticide residue from conventionally grown produce. <sup>(13)</sup>

**AND NOW WITHOUT FURTHER ADO, HERE ARE THE TOP 20 FRUITS AND VEGETABLES TO EAT WHOLE WITH THE PEELS LEFT ON...**

# TOP FRUIT AND VEGETABLE PEELS TO LEAVE ON PRODUCE

## 1. APPLES

Some people are apple peelers, while others aren't, but this is absolutely a fruit you want to eat with the skin on.

As mentioned earlier, an apple with the peel left on will get you triple the amount of vitamin K (an important blood-clotting nutrient), 142% more vitamin A, and 115% more vitamin C than a peeled apple, which is a highly significant nutrient boost.

The peel also contains small amounts of vitamin E and folate that aren't in the rest of the fruit.

Along with boosting your nutrient intake, eating the peel will get you a lot more fiber. Apples are an excellent source of fiber to begin with, particularly a type of soluble fiber known as pectin, but leaving the peel on almost doubles the fiber content. <sup>(1)(2)</sup>

If that weren't enough, apple peels are also richer in antioxidants than the rest of the fruit, containing 2-6 times more phenolic compounds and 2-3 times more flavonoids than the flesh. <sup>(14)</sup>

Interestingly, one study even found that the peels inhibited liver cancer cells far more effectively than any other part of the fruit. <sup>(15)</sup>



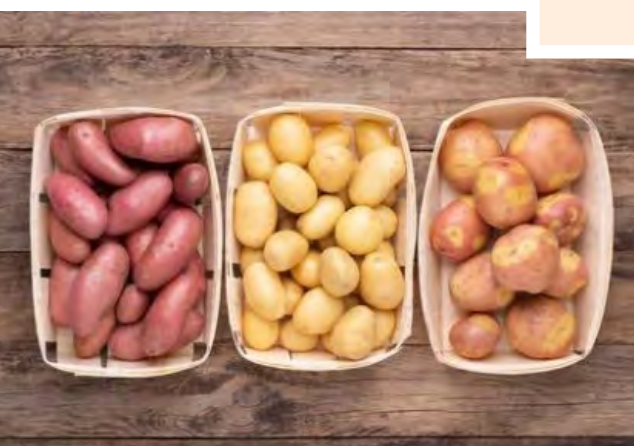
## 2. POTATOES

Potatoes often get a bad rap as an “unhealthy” starchy vegetable with too many calories. In reality, it's usually the way potatoes are cooked that makes them unhealthy (think potato chips, loaded baked potatoes, French fries, etc.).

When cooked simply, potatoes are loaded with nutrients as well as resistant starch— a type of prebiotic fiber that feeds the good bacteria in your gut.

However, if you want to make potatoes a really healthy choice, be sure you leave the skin on.

Much of the mineral content of potatoes is concentrated in the skin, including about 17% of total zinc, 34% of total calcium, and 55% of total iron. Dietary fiber shoots up as well if you consume the potato peel. <sup>(16)</sup>



Overall, a medium potato with skin on provides you with over 25% of the daily value (DV) for vitamin C, vitamin B6, and potassium, 19% of the DV for manganese, and 12% of the DV for magnesium, phosphorus, niacin, and folate. <sup>(17)</sup>

Believe it or not, potato peels are also very rich in phenolic antioxidants, especially caffeic and chlorogenic acids, which you'll miss out on if you remove the skin. <sup>(18)</sup>

### 3. SWEET POTATOES

Sweet potatoes are rich in many of the same nutrients as potatoes, but they soar past regular taters with their vitamin A content. In fact, just one large sweet potato contains close to 700% of the DV for vitamin A! <sup>(19)</sup>

But just like with potatoes, leaving the skin on your sweet potatoes will make them much more nutritious.

Most notably, calcium, magnesium, phosphorus, and potassium content increases significantly when the peel is left on because these essential minerals are concentrated in the skin. Dietary fiber, of course, gets a boost from the skin as well, increasing your intake effortlessly. <sup>(19)(20)</sup>

One study also found that the peels of sweet potatoes have higher antioxidant activity than any other part of the tuber, even though the flesh is known to be rich in vision-boosting carotenoid antioxidants. <sup>(21)</sup>

And if you want to boost your antioxidant intake even more, branch out and try purple-flesh sweet potatoes (with the skin on, of course), which have shown even higher antioxidant activity than orange varieties. <sup>(22)</sup>



### 4. ORANGES & TANGERINES

Citrus fruits are known to be high in immune-boosting vitamin C. Surprisingly, however, the peels of citrus fruits typically contain 2-3 times more vitamin C than the pulp.

Take oranges, for example.

The peel of an orange contains triple the amount of vitamin C you would get from eating the inner part of the fruit and is an excellent source of calcium, potassium, magnesium, vitamin B6, and vitamin A. <sup>(23)(24)</sup>

In addition, most of the volatile essential oils present in oranges are found in the peel.

These oils contain powerful plant compounds, like limonene, as well as numerous antioxidants, including the anti-cancer polyphenols hesperidin and polymethoxyflavones (PMFs). <sup>(25)(26)</sup>

Tangerine peels, which are thinner than orange peels, are also incredibly rich in antioxidants and contain a little-known carotenoid called beta-cryptoxanthin that your body converts into vitamin A. <sup>(27)</sup>

Of course, you probably don't want to simply bite into the rind of an orange or tangerine, no matter how healthy they may be for you.

What you can do instead is grate and sprinkle the zest on top of food or chop the peel finely and blend it into a smoothie.

## 5. LEMONS

Lemon peels pack a nutritional punch that is similar to orange peels. They are particularly rich in vitamin C and fiber and boost your intake of essential minerals like calcium, potassium, and magnesium. <sup>(28)</sup>

However, where lemon peels really shine is with their antioxidant content.

Just like with other citrus fruits, the peel of a lemon contains most of the volatile essential oils found in the entire fruit. In this case, these lemon peel oils are exceptionally high in a specific plant compound and antioxidant known as limonene. <sup>(29)</sup>

Limonene is a well-studied compound and has a wide range of health benefits, including powerful anti-inflammatory and antiviral effects. <sup>(30)</sup>

In lemon peel, limonene is mainly found in the form of d-limonene, which has shown anticancer effects in multiple studies— including the potential to reduce breast cancer cells— and may lower your risk of heart disease. <sup>(31)(32)</sup>

Again, to benefit from the extra nutrients and limonene found in lemon peel, you don't have to use a lot. Grate some over food regularly or sneak it into smoothies.



## 6. GRAPEFRUIT

Grapefruit is yet another citrus peel you should not be discarding. It contains fiber, vitamin C, and other nutrients but is truly outstanding as far as antioxidants are concerned.

Grapefruit peels do contain limonene like lemons do, but they are particularly rich in a flavonoid antioxidant known as naringin. <sup>(33)</sup>

Like other antioxidants, naringin has anti-inflammatory properties that help to reduce chronic inflammation and may



cut your risk of many age-related diseases. Studies show that it seems to be especially beneficial for fighting obesity, diabetes, hypertension, and metabolic syndrome. <sup>(34)</sup>

In addition to naringin, grapefruit peel contains another antioxidant known as hesperidin, which is “a promising anticancer agent” that has shown activity against multiple types of cancer, including breast, lung, liver, colon, and gastric cancers.

Hesperidin has also shown liver-protective properties and an ability to protect against DNA damage, which makes it a truly outstanding plant compound! <sup>(35)</sup>

Grapefruit peel does have more bitterness than other citrus peels, so you may find that you want to mix it in with orange, lemon, or even a little lime peel to make it blend in.

## 7. EGGPLANT

Eggplant is a fairly nutritious vegetable that’s rich in fiber, potassium, vitamin C, manganese, and folate. Eat it with the skin on, however, and you’ll get an additional 3g of fiber per eggplant as well as a significant boost in minerals. <sup>(36)</sup>

But what you’re really missing out on if you peel your eggplant is a boatload of antioxidants.

As you can tell just by looking at an eggplant, the inner flesh is a whitish color, while the outer skin is a beautiful deep purple color. This is indicative of the high antioxidant content of the peel that’s lacking in the rest of the vegetable.

The main type of antioxidants in eggplant peel are anthocyanins. They give it its vibrant color and are also potent free radical fighters within the human body. <sup>(37)</sup>

Anthocyanins in general are linked to major health benefits like antidiabetic, anticancer, and anti-inflammatory effects as well as a lower risk of heart disease. One specific anthocyanin in eggplant, nasunin, has also shown exceptional protective effects against free radical damage to cells. <sup>(38)(39)</sup>

Eggplant skin can be a little tough or chewy, so look for smaller eggplants, which should have a more tender peel.



## 8. CUCUMBERS



Cucumbers are a wonderfully hydrating summer vegetable, but they aren't the most nutrient-dense food you can eat— unless you leave the peel on.

As a case in point, the inner flesh of a cucumber is about 96% water. There are a few vitamins and some fiber mixed in, but most of the nutrient, fiber, and antioxidant content of cucumbers is found in their skin.

Simply by leaving the peel on when you slice a cucumber, you can get a noticeably higher amount of vitamin K (the blood-clotting nutrient important for bone metabolism) as well as a significant boost of minerals like selenium, magnesium, and calcium. <sup>(40)(41)</sup>

This shouldn't come as a surprise by now but much of the antioxidant content of cucumbers is also found in the skin.

According to researchers, cucumber peels are specifically higher in flavonoids and phenolic compounds (both powerful antioxidants) than the vegetable. This is great for your health because both types of antioxidants protect against diseases like cancer and heart disease. <sup>(42)</sup>

Keep in mind that store-bought cucumbers often come with a wax coating, so you may want to use a vinegar-water solution to remove this coating before slicing and eating.

## 9. PEACHES

Many people remove peach skin because it has a fuzzy texture. But if you do so, you'll be missing out on a healthy dose of fiber as well as a significant antioxidant boost.

To look at fiber first, peaches are a fairly good source of it with about 3g per peach (depending on the size). However, much of the fiber content is contained in the skin, so you won't be getting nearly as much if you peel your peaches. <sup>(43)</sup>

Peaches are also a good source of antioxidants, especially carotenoids like beta- carotene, BUT studies have found that peach skin contains more antioxidants than the rest of the fruit.

This includes a bigger boost of carotenoids as well as polyphenols like caffeic acid and chlorogenic acid. <sup>(44)</sup>

Chlorogenic acid is particularly worth highlighting for its health benefits. Researchers have connected it to a lower risk of a number of diseases, including heart disease, cancer, diabetes, and hepatic steatosis. <sup>(45)</sup>





Of course, carotenoids are also highly beneficial for your body and especially supportive of healthy vision.

To get around the fuzzy nature of the skin, try slicing your peaches thinly so the skin is barely noticeable. Or add them, skin and all, to a smoothie.

## 10. WATERMELON



Have you ever considered eating watermelon rind? Probably not, but there is a top reason to start thinking about doing so.

Watermelon contains a decent amount of nutrients (vitamin A, vitamin C, potassium), but the fruit is especially notable for its citrulline content.

Citrulline is an amino acid that gets transformed into the essential amino acid arginine within your body. Both amino acids play a critical role in the production of nitric oxide, a substance that lowers blood pressure by dilating and relaxing blood vessels, making them excellent for heart health. <sup>(46)(47)</sup>

While citrulline is found in the whole fruit, it's present at a much higher concentration in the white rind of watermelon (not the green outer skin). <sup>(48)</sup>

As a bonus, watermelon rind is also higher in total antioxidant content than the fruit and is a good source of vitamin C, vitamin B6, and zinc. <sup>(48)</sup>

Not sure how to eat the rind?

If you don't want to simply gnaw on it, try the pickled version or chop it like a vegetable and add it to a stir fry.

## 11. ZUCCHINI (AND OTHER SUMMER SQUASH)

Much like cucumbers, most of the inner flesh of zucchini is made up of water. That doesn't mean it's completely absent of nutrients, but the outer peel is significantly more nutrient-dense.

To be more specific, you'll get a significant boost of fiber, vitamin C, and potassium by not peeling your zucchini as well as a smaller boost of minerals like magnesium and calcium. <sup>(49)</sup>

Yet again, the amount of antioxidants you can get from consuming zucchini also goes up dramatically when the peel is left on.



This means a higher intake of carotenoids like lutein, beta-carotene, and zeaxanthin that all protect eye health and may lower your risk of age-related macular degeneration and cataracts. <sup>(50)</sup>

Interestingly, yellow varieties of summer squash seem to have the highest level of antioxidant activity (again, concentrated in the skin) and may be the most potent at neutralizing free radicals. Make sure you don't peel them, either! <sup>(51)</sup>

If you do find zucchini peels to be a bit on the tough or bitter side, look for smaller "baby" fruits that should have more tender skin.



## 12. PUMPKINS (AND OTHER WINTER SQUASH)

People love turning pumpkin puree into pie (or maybe soup) and roasting pumpkin seeds until they are crunchy. But did you know that the skin of both pumpkins and winter squash is edible— and incredibly nutritious?

The deep orange flesh of pumpkins already holds a great amount of nutrients like vitamin A, vitamin C, vitamin E, potassium, and carotenoids.

Yet, once again, eating the peel along with the rest of the pumpkin will massively boost your nutrient intake. It contains high levels of the same carotenoids found in the flesh as well as a rich number of flavonoids and phenolic compounds, which are powerful antioxidants that may inhibit the growth of cancer cells. <sup>(52)(53)</sup>

Pumpkin peel is also a top source of dietary fiber, including a type of soluble fiber known as pectin that boosts gut health and can help relieve constipation. <sup>(52)(54)</sup>

Now, depending on the type of pumpkin or winter squash, eating the peel ranges from easy to somewhat difficult.

The main thing to know is that the peel needs to be cooked for a long period of time to soften it. Squash like delicata and acorn have thinner skin that will become soft simply by roasting the squash whole in the oven or slicing it thinly and baking it.

Tougher skins will benefit from long, slow cooking in a soup. Or you can remove them after baking your pumpkin/squash and roast them a second time to make "chips".

## 13. PEARS

Pears are one of the best fruits to eat if you want to up your fiber intake.

Just one medium pear contains over 5g of fiber. Even better, it's in the form of both soluble and insoluble fiber, which are equally important for bowel regularity and feeding the good bacteria in your gut. <sup>(55)(56)</sup>

As you may have guessed, the peels of pears contribute significantly to their fiber content (more than half of the total), so you'll be missing out if you remove them.

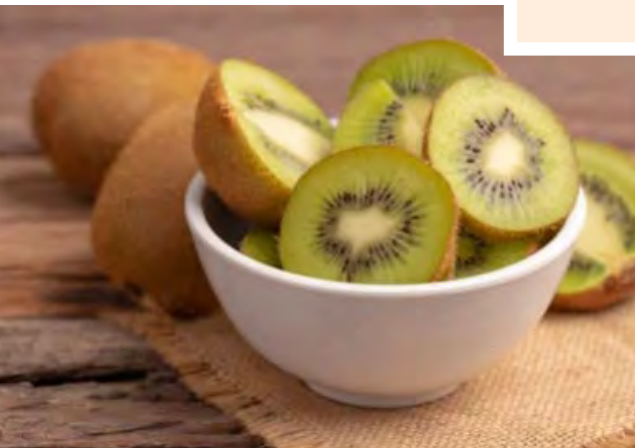
Additionally, pear skin is home to most of the antioxidant content found in pears, including anthocyanins (red pears), lutein and zeaxanthin (green pears), and polyphenols— all of which are important for combating chronic inflammation and disease. <sup>(57)</sup>

The peel also contains an important antioxidant known as quercetin that is thought to greatly benefit heart health by reducing risk factors like high blood pressure and high cholesterol. <sup>(58)</sup>

If you don't like the texture of pear peel, try slicing the fruit thinly so you barely notice the skin.



## 14. KIWI



Did you know that the fuzzy peels of kiwis are edible? If you aren't used to eating them, their fuzziness can take some getting used to (see the tips below), but those brown skins are highly nutritious.

To start with, kiwi peel is rich in fiber. Eating it along with the rest of the fruit can double or triple the amount of fiber you get from just this one small fruit AND significantly increases the folate and vitamin E content. <sup>(59)</sup>

Like so many other fruits and vegetables, antioxidants are also more concentrated in the peel of kiwis than in the flesh. Kiwi peel is a particularly good source of the antioxidants vitamin C and vitamin E (both of which slow skin aging and protect against UV radiation) as well as flavonoids, carotenoids, and phenolic compounds. <sup>(60)</sup>

Of course, for most people, the biggest question is how to eat a kiwi with its peel still on.

Well, you can get some of the fuzz off a kiwi skin by scraping it with a spoon or rubbing it with a cloth. Or slice it very thinly into circles so that you barely notice the fuzziness when you eat it.

You can also try growing hardy kiwis in your garden, which have smooth and barely noticeable peels!

## 15. APRICOTS

Apricots are small, nutrient-packed fruits that are particularly rich in carotenoid antioxidants like beta-carotene, lutein, and zeaxanthin— all of which help to protect the health of your eyes as you age. <sup>(50)</sup>

As you may have guessed, these antioxidants, plus the addition of polyphenols, are present at much higher concentrations in the peel than in the pulp of the fruit.

In fact, one study found that the amount of phenolic compounds (anti-aging and anticancer antioxidants) found in the peel was 2-4 times higher than what was found in the flesh. Quercetin, the heart-boosting antioxidant, was also richly present in the peels. <sup>(61)</sup>

Along with antioxidants, eating the apricot peel will get you a small boost of fiber, although apricots as a whole aren't one of the better fruits for fiber content. Fortunately, apricot peels are fairly thin and easy to eat along with the rest of the fruit—as long as you make it your intention to do so.



## 16. MANGOES



Mangoes are a tropical superfood and one of the most nutritious fruits you can eat. Perhaps it's not surprising, then, that the peel is also very nutrient-dense, even though it's not a part of the fruit you would normally eat.

Nevertheless, studies have shown that mango peels are loaded with antioxidants and vitamins.

This includes the antioxidant vitamins E and C as well as polyphenols and carotenoids. The peels also contain a group of plant compounds known as triterpenes that possess anti-inflammatory, anticancer, and antidiabetic properties. <sup>(62)(63)(64)</sup>

If you want to drastically boost your fiber intake, mango peel is perfect for that job, too. Anywhere from 40.6–72.5% of the mango peel is made up of dietary fiber, which is a pretty significant amount! This large fiber boost will help to keep your digestion regular and make you feel full for longer. <sup>(65)</sup>

### A WORD OF CAUTION

*Despite this outstanding nutrition, mango peels do contain a chemical known as urushiol. This is the same chemical found in poison ivy (though present in a smaller amount), which means some people may have an allergic reaction to mango peel. Take it slow and only try small amounts of the peel at first. If you don't have any reaction, consider blending it and adding the peel to smoothies for a very significant antioxidant and fiber boost.*

## 17. TOMATOES

Many recipes call for peeling your tomatoes before cooking them, but doing this will cause you to miss out on some very valuable antioxidants and compounds.

You may already know that one of the top antioxidants in tomatoes is lycopene, which is a carotenoid with major health benefits like improving heart health and lowering your risk of certain types of cancer. <sup>(66)</sup>

Well, one study found that removing the peel from tomatoes could cut lycopene content by up to 71%. It also decreased the amount of beta-carotene by as much as half. <sup>(67)</sup>

Tomato peels also contain a unique flavonoid known as naringenin and a similar compound known as naringenin chalcone.

Research has shown that naringenin possesses antidiabetic and antioxidant properties, while naringenin chalcone has anti-allergic activity and appears to work by inhibiting histamine release, giving it the potential to stop or slow allergic reactions. <sup>(68)(69)</sup>

The bottom line is that your body will get much more out of tomatoes if you leave the skin on when you cook them or eat them raw.



## 18. CARROTS



You'll still get a good nutritional punch by eating peeled carrots, but if you are looking to maximize your nutrition, consider giving your carrots a hard scrub and leaving the peel on.

To give you a quick lesson in carrot anatomy, there are basically three layers to carrots: the peel (outer layer), the phloem (next layer), and the xylem (core).

The xylem or core contains most of the minerals found in carrots (calcium, potassium, magnesium, phosphorus), so you won't be missing out on those by peeling your carrots.

However, both the peel and phloem have roughly equal amounts of beta-carotene, so you'll be losing almost half of this valuable antioxidant by removing the peel. The peel is also a better source of other carotenoids and phenolic acids than either the phloem or the xylem. <sup>(70)</sup>

Vitamin C and niacin are two other nutrients that are most concentrated in the peel, but fiber content doesn't change noticeably when the peel is taken off.

At the end of the day, it is healthier to eat your carrots unpeeled as long as you can scrub them clean.

## 19. GRAPES

Grape peels are far more healthy than you might realize because they contain a powerful antioxidant known as resveratrol.

Resveratrol has a long list of documented heart benefits, including the potential to lower total cholesterol, raise HDL (good) cholesterol levels, and lower LDL (bad) cholesterol levels. It also has an “anti-atherosclerotic” effect that may prevent a rupture or blood clot. <sup>(71)</sup>

Studies have also found that resveratrol has neuroprotective properties, may slow age-related cognitive decline, and may reduce your risk of Alzheimer’s disease. <sup>(72)</sup>

If that weren’t enough, resveratrol even has anti-aging properties for your skin. It helps protect your skin from UV damage that causes wrinkles, dark spots, etc. and may boost collagen production, which is key for younger-looking skin. <sup>(73)(74)</sup>

Now, resveratrol is concentrated mostly in the skin of grapes rather than the pulp and is most abundant in red grapes.

Of course, grapes aren’t usually peeled if you eat them whole, but if you consume them through juice or wine, you’re likely only getting some of the peel antioxidants.

Eat whole grapes for the maximum amount of nutrients and opt for organic, since they are always a top “Dirty Dozen” food.



## 20. BANANAS

Banana peels are tough, thick, and a little bitter— but don’t let that put you off!

These yellow, tropical peels are rich in potassium, dietary fiber, healthy polyunsaturated fats, and essential amino acids, including tryptophan, which is one of the amino acids that helps to regulate your sleep-wake cycle. <sup>(75)</sup>

Studies have also found that banana peel is rich in antioxidants like flavonoids, tannins, anthocyanins, carotenoids, and terpenoids as well as other phenolic compounds that may cut your cancer risk. <sup>(75)(76)</sup>

So how do you eat a banana peel?

One way to do it is to add small chunks of the peel to a smoothie and blend them in so that they aren’t



noticeable. Another approach is to boil then bake the peel, which should improve its texture. You can even season it with cinnamon or a savory spice blend.

Keep in mind that the riper a peel is, the softer it will be, allowing you to eat it more easily.

## BONUS: PINEAPPLE CORE

Obviously, pineapple core is not a peel at all. In fact, pineapple skin is one type of skin that is typically not good to eat because it is so rough and spiny.

However, there are some good reasons why you shouldn't be throwing away the pineapple core along with the outer skin.

Though not as tender as the rest of the fruit, pineapple cores are high in fiber that helps to keep your digestion on track and provide you with about 90% of the DV for vitamin C. <sup>(77)</sup>

They are also a rich source of a group of enzymes known as bromelain, which have fantastic health benefits like cancer-fighting properties and an ability to reduce pain and inflammation. Bromelain is thought to help with certain digestive issues as well. <sup>(78)</sup>

The biggest challenge is figuring out the best way to eat a pineapple core, since it's much more tough and dense than the rest of the pineapple.

Perhaps the best way to make the core softer and more digestible is to boil it in water for a few minutes, although this may slightly lower the vitamin C content. You can then add it to a smoothie or slice it as a fruit topping for oatmeal, yogurt, salads, etc.



# FUEL YOUR HEALTH WITH FRUIT AND VEGGIE PEELS

One thing that should be obvious after reading this report is that the peels are usually the healthiest part of fruits and vegetables. To maximize your nutrient intake, be sure you are consuming these peels as often as possible!

Again, as mentioned at the beginning, do make sure you buy organic produce when you can because pesticide residue gets concentrated in the outer skin of produce, and you do not want to be consuming pesticides alongside all the beneficial vitamins, minerals, fiber, and antioxidants.

Also, certain peels may cause mouth irritation (notably mango and kiwi) or irritate the digestive tract of those with a digestive disorder.

Start with small amounts of the less commonly consumed peels to ensure no reaction before you eat larger amounts.

Other than these two “cautions”, see how creative and consistent you can be at keeping the peels on your produce and coming up with new eating habits to cut down on food waste *and* boost your health.





# NOW, GET READY FOR THE MOST LIFE-CHANGING HEALTH SECRETS OF ALL...

So again, here at The Art of Anti-Aging, the “anti” means we’re against all the destructive lies about **getting older** out there that equate hitting your 30s, 40s, 50s, 60s and beyond with becoming increasingly undesirable, incapable, doomed to suffering and disease, and “over the hill.”

We’re **against all the toxic “solutions” and toxic thinking** being pushed on people by certain powers-that-be who so often play upon those destructive aging lies and manipulate people through fear and even “convenience.”

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### DAVID PERLMUTTER, MD

Board-Certified Neurologist, 6-Time NY Times Bestselling Author

*"With 21 of today's most respected healthy aging and longevity experts revealing their most effective yet widely unknown secrets to live long and well, this new online summit certainly will open eyes and change lives. And with my friend, Brian Vaszily, as host -- a positive force in natural health for over 20 years and one of the sharpest interviewers out there -- you're guaranteed to be 'wowed' and enjoy this life-changing journey!"*



### NICK POLIZZI

Indigenous & ancient medicine researcher & filmmaker,  
The Sacred Science

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