

Bioecology and Beneficial Properties of Cashew Nuts

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Annotation: The morphology of cashew nuts and apples, their chemical composition, importance in production, bioecology and beneficial properties were analyzed.

Keywords: Anacardium occidentale.L, cashew, caju, cardoil, Anacardium, omega-3, omega-6 and omega-9, polyphenol, sugar, mineral, amino acid, nut, flavonoid, extract.

Cashew (English: cashew, Portuguese: caju), or Western Anacardium (Latin: Anacardium occidentale), Indian nut — a tree of the genus Anacardium of the Pistachio family, the fruit of which is a common food product. Homeland — Brazil and it is grown in tropical regions. The fruit is nut-shaped, with a kernel. Cashew oil (cardoil) is extracted from the shell and is used in medicine and technology. The pear-shaped part is eaten (called cashew apple).

The cashew tree is a multi-branched, evergreen, medium-sized tree that can grow up to 6-12 m tall. Its leaves are oval-ovate, 10-20 cm long and 5-10 cm wide. The flowers are yellowish-pink, 1 cm in diameter, and pentagonal in shape, bisexual in nature. The fruit is kidney-shaped, consisting of a hard, two-walled epicarp, a mesocarp, and a thin endocarp. The actual fruit of the cashew tree consists of a nut, a pericarp (shell), and an almond, the upper part of which is brown. The cashew apple makes up 90% of the weight of the entire fruit. The color of the fruit ranges from yellow to red. Both parts are edible, but the nut is eaten after the hard shell of the cashew nut is removed. Cashew nuts contain omega-3, omega-6 and omega-9 fatty acids. Together with antioxidants, they protect the body from free radical damage, stop inflammation, and slow down the aging process. They nourish the skin and protect it from the harmful effects of ultraviolet rays. The nut is also rich in copper, which helps improve the quality of the skin and gives it a natural beauty. Cashews, which are not so abundant, contain 70% of the daily value of magnesium. It is necessary for the proper functioning of the heart, nervous and muscular systems. Magnesium deficiency in the body can lead

to chronic fatigue, lethargy, increased blood pressure, and even vascular spasms. Regular consumption of cashew nuts significantly reduces the risk of cardiovascular disease. The fatty acids and minerals contained in the nut strengthen the heart muscle and blood vessel walls. Prevents high cholesterol. Also, for those who want to maintain a healthy weight, experts recommend adding cashew nuts to their diet. Firstly, nuts contain protein, and secondly, they are among the top three low-calorie nuts. The most useful thing is that, despite their deliciousness, they do not cause a spike in blood sugar levels, and since they satisfy hunger for a long time and reduce food intake, these nuts are also an effective tool for weight loss. Cashew apple is a tropical fruit, and cashew nuts are an important by-product of the food industry. It is rich in vitamins, polyphenols, sugars, minerals, amino acids and dietary fiber, and we can include it in the quality of functional food products. Although this fruit has high nutritional value, it has a number of disadvantages. That is, this fruit has a perishable nature. This is because the connective tissues in the fruit lead to a deterioration in their taste during technological processes. Therefore, the shelf life of canned and semi-finished products and juices made from cashew fruit is limited. To increase the shelf life, fruit products are treated with chemical preservatives and high pressure. Physical, biochemical, chemical and mixed methods are used to improve organoleptic properties.

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