

Balsamic health benefits

Balsamic vinegar health benefits comprise reduced risks of heart diseases, cancer and other infectious diseases. Moreover, balsamic vinegar decelerates the aging process, controls diabetes, assists in digestion, etc.

Originated from Italy, this condiment is an aromatic, thick, dark, syrup-like aged type of vinegar, prepared by the reduction of cooked grapes. Balsamic vinegar, though popularly referred to as wine vinegar is not made from wine, but is prepared from grape pressings, whose fermentation process has been hindered. The best balsamic vinegar is prepared in the hills of Modena, in Italy, where unique and flavorful balsamic vinegar is formed. This vinegar is known to be a cut above the other types of [vinegar](#). Unlike the sharp taste of vinegar, balsamic vinegar has a rich, sweet flavor. You need to taste it to believe it!

Italians have been relishing balsamic vinegar for centuries, however, the American palate has been able to savor this only since the past two decades. Today balsamic vinegar is one of the most popular condiments available in American grocery stores and is used in various sauces, marinades, salad dressings, dips, desserts, etc. The popularity surge of this dark, syrup-like condiment is not only because of its remarkable taste, but balsamic vinegar health benefits also play a major role in adding points to the popularity chart.

Health Benefits of Balsamic Vinegar

Balsamic vinegar retains most of the nutrients present in the parent grapes and comprises nutrients like iron, calcium, potassium, manganese, phosphorus and magnesium in adequate amounts. Thus, incorporating balsamic oil in the daily [diet](#) will benefit one immensely. Let us look at the different balsamic vinegar health benefits.

Antioxidant Properties

Oxidation reactions taking place in the human body to produce energy, conduce to formation of cell damaging free radicals as natural by-products. [Free radicals](#) damage cell membranes and manifest themselves in terms of premature aging, hardening of arterial walls and cancer. [Antioxidants](#) from balsamic vinegar destroy these free radicals and prevent cells from being destroyed.

Fights Cancer

The grapes from which balsamic vinegar is formed is known to contain a bioflavonoid called quercetin, which has antioxidant properties. Along with vitamin C, this antioxidant strengthens the [immune system](#) to fight cancer and other [infectious diseases](#) and inflammations. Balsamic vinegar also contains polyphenols which are anticancer agents.

Reduces Risks of Heart Attacks

Balsamic vinegar is low in saturated fat and is believed to reduce [cholesterol](#). Moreover, since it is low in sodium, it enhances [heart health](#) and reduces high blood pressure.

Controls Diabetes

Research reveals that consumption of at least 5 teaspoons of balsamic vinegar a day enhances [insulin](#)sensitivity. The greater the insulin sensitivity, the better the [diabetes](#) control.

Natural Pain Reliever

In ancient times, folk healers used this vinegar to relieve people of their body pain. Moreover, they also used balsamic vinegar to treat wounds and infections. The anti-bacterial and anti-viral properties in the vinegar healed wounds.

Assists Digestion

The polyphenols in balsamic vinegar stimulate the activity of pepsin enzyme in the body. Pepsin is a digestive enzyme, which helps break proteins into smaller units ([amino acids](#)). Moreover, these polyphenols also assist the intestine in absorbing amino acids expeditiously. Efficient amino acid absorption enables the body to utilize it for cell building, repair and other body maintenance work. Thus, balsamic vinegar aids the digestion process.

Read more on : Besides these balsamic vinegar health benefits, this vinegar also reduces the frequency of [headache](#) inceptions, strengthens bones (calcium absorption), energizes the body, slows down aging process and prevents [anemia](#). It also helps in weight loss by suppressing one's appetite. Authentic balsamic vinegar would have been aged for a minimum period of 3 years to a maximum period of 100 years. The longer the aging process, finer the vinegar quality. However, commercially produced balsamic vinegar produced in a few hours is also available in the stores.

Direct From Our Consortium in Italy, Understanding Balsamic Vinegar

Balsamic Vinegar of Modena is a very special vinegar that roots back to ancient Roman times and instead of using wine like other Italian vinegars, the product is obtained by using the cooked juice of the grape, known as the “must”. There are several different types of balsamic vinegars and unfortunately, sometimes they are represented with false claims; for example for their aging claims, quality of ingredients and origin. This has led to some misconceptions and originated some confusion among traders and consumers. This presentation aims to clarify the different types and its production so to offer a better understanding of Balsamic Vinegar of Modena.

Two different recipes originated throughout history, and gave birth to the only two existing, regulated products: Traditional Balsamic Vinegar of Modena DOP (Protected Designation of Origin) and Balsamic Vinegar of Modena IGP (Protected Geographic Indication) Again, these two items are the only two items regulated and approved by the Italian Government and European Union.