

FRUITFUL

M A G A Z I N E

INSIDE!

How a little
bit of yellow
provides A
LOT of health
benefits



1 2 3 4 5 6

THE MAIN

Lemons are high in vitamin C, fiber, and various beneficial plant compounds. These nutrients are responsible for several health benefits. In fact, lemons may support heart health, weight control, and digestive health. Here are 6 evidence-based health benefits of lemons.

1. Support Heart Health

Lemons are a good source of vitamin C. One lemon provides about 31 mg of vitamin C, which is 51% of the reference daily intake (RDI). Research shows that eating fruits and vegetables rich in vitamin C reduces your risk of heart disease and stroke. However, it's not only the vitamin C that is thought to be good for your heart. The fiber and plant compounds in lemons could also significantly lower some risk factors for heart disease (4Trusted Source, 5Trusted Source). For instance, one study revealed that eating 24 grams of citrus fiber extract daily for a month reduced total blood cholesterol levels. Plant compounds found in lemons — namely hesperidin and diosmin — have also been found to lower cholesterol.

2. Help Control Weight

Lemons are often promoted as a weight loss food, and there are a few theories as to why this is. One common theory is that the soluble pectin fiber in them expands in your stomach, helping you feel full for longer. That said, not many people eat lemons whole. And because lemon juice contains no pectin, lemon juice drinks will not promote fullness in the same way. Another theory suggests that drinking hot water with lemon will help you lose weight. get them repeatedly.

SQUEEZE

3. Prevent Kidney Stones

Kidney stones are small lumps that form when waste products crystallize and build up in your kidneys. They are quite common, and people who get them often get them repeatedly. Citric acid may help prevent kidney stones by increasing urine volume and increasing urine pH, creating a less favorable environment for kidney stone formation. Just a 1/2-cup of lemon juice per day may provide enough citric acid to help prevent stone formation in people who have already had them. Some studies also found that lemonade effectively prevented kidney stones, but the results have been mixed. Other studies have shown no effect. Therefore, more well-conducted studies need to examine whether lemon juice affects kidney stone formation.

4. Protect Against Anemia

Iron deficiency anemia is quite common. It occurs when you don't get enough iron from the foods you eat. Lemons contain some iron, but they primarily prevent anemia by improving your absorption of iron from plant foods. Your gut absorbs iron from meat, chicken, and fish (known as heme iron) very easily, while iron from plant sources (non-heme iron) not as easily. However, this absorption can be improved by consuming vitamin C and citric acid. Because lemons contain both vitamin C and citric acid, they may protect against anemia by ensuring that you absorb as much iron as possible from your diet.