

Health benefits of Lemon

- Lemons are packed with numerous health benefiting nutrients. The fruit is less in calories, carrying just 29 calories per 100 g, the value being one of the lowest for the citrus fruits group.
- They contains zero saturated fats or cholesterol, but are good source of dietary fiber (7.36% of RDA). Lemon is one of the very low glycemic fruits.
- lemon's acidic taste is because of citric acid. Citric acid constitutes up to 8% in its juice. Citric acid is a natural preservative, aids in smooth digestion, and helps dissolve kidney stones.
- Lemons, like other fellow citrus fruits, are an excellent source of vitamin C (ascorbic acid); provides about 88% of daily recommended intake. Ascorbic acid is a powerful water soluble natural anti-oxidant. This vitamin is helpful in preventing scurvy. Besides, consumption of foods rich in vitamin-C helps the human body develop resistance against infectious agents and scavenge harmful, pro-inflammatory free radicals from the blood.

Principle	Nutrient Value	Percentage of RDA
Calcium	26 mg	3%
Copper	37 µg	4%
Iron	0.60 mg	7.5%
Magnesium	8 mg	2%
Manganese	0.030 mg	1%
Zinc	0.06 mg	0.5%
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