

# Citrus in Your Water



## More than just Vitamin C

Citrus is most commonly thought of as a good source of vitamin C. However, like most other whole foods, citrus fruits contain hundreds of nutrients including high levels of Vitamin C and significant amounts of dietary fibre, beta-carotene and folic acid. They have a low ratio of sodium to potassium, low in fat, have a low glycemic index and are extremely rich in antioxidants. These are essential for normal growth and development of overall nutritional well-being.

## Disease Prevention

It is now beginning to be appreciated that these and other non-nutrient compounds called phytochemicals, are believed to have a role in preventing a range of chronic health conditions including cancer and heart disease. An orange has over 170 different phytochemicals and more than 60 flavonoids, many of which have been shown not only to have antioxidant effects but also to have anti-inflammatory, anti-tumour and blood clot inhibiting properties.

## Citrus and Weight Loss

The average calories of fresh citrus is also low, which can be very important for consumers concerned about putting on excess body weight. For example, a medium orange contains 60 to 80 kcal, a grapefruit 90 kcal and a tablespoon (15 ml) of lemon juice only 4 kcal.



Citrus fruit also contains dietary fibre, which tends to promote satiety. This may reduce the rate of glucose uptake following consumption of carbohydrates and help prevent a surge in blood glucose levels.

**So how does water come into play?** Water is your body's principal chemical component and makes up about 60% of your body weight. Every system in your body depends on water, but 75% of North Americans are still not drinking enough water, and that lack is the *number one trigger for daytime fatigue*. Just a 2% drop in body water can cause trouble with short-term memory and difficulty to focus.

An easy guideline is the "8 x 8 rule" — drink eight 8-ounce glasses of water a day (about 1.9 liters). When you've neared your optimal water consumption, you should start noticing physical and mental changes, such as higher energy levels and better ability to concentrate. Also, you should rarely feel thirsty, while producing about 1.5 litres of colourless or slightly yellow urine a day.

## Putting It All Together

In many people, the thirst mechanism has become so weak that it's often mistaken for hunger. A Virginia Tech study of two groups on the same restricted calorie diet showed that after 12 weeks, those who drank water before meals had lost nearly 30% more than those who did not drink water.

When you combine the nutritional benefits of citrus and water together, you are not only doing your body good, but you are also looking and *feeling* great at the same time! Think twice the next time you pick up that sugary fruit juice and consider your body's health by adding citrus to your water!

Resources: <http://www.fao.org/>, <http://www.mayoclinic.com/>, <http://www.truelemon.com/index.php>

