

Health benefits of Grapefruit

Best substance to jump-start metabolism in liver. Function of intestinal membranes are optimized. Thus you feel satisfied and full after one grape fruit in the morning as breakfast in combination with one or two cups of African red tea (Rooibos). Add seven almonds per breakfast. Metabolism works at its optimum with very low calorie intake.

- it is rich in dietary insoluble fiber **pectin**, which by acting as bulk laxative helps to protect the colon mucous membrane by decreasing exposure time to toxic substances in the colon as well as binding to cancer causing chemicals in the colon.
- Pectin has also been shown to **reduce blood cholesterol** levels by decreasing re-absorption of cholesterol binding bile acids in the colon.
- The fruit contains very good levels of **vitamin-A** (provides about 1150 IU per 100g), and flavonoid antioxidants such as **naringenin, beta-carotene, xanthin** and **lutein**. Studies suggest that these compounds have antioxidant properties and are essential for vision.
- Vitamin A also required maintaining healthy mucus membranes and skin. Consumption of natural fruits rich in vitamin-A and **flavonoids** helps to protect from lung and oral cavity cancers.
- It is a good source of antioxidant **vitamin-C**; provides about **52% of DRI**. Vitamin-C is a powerful natural anti-oxidant and helps body develop resistance against infectious agents and scavenge harmful free radicals; also is required for the maintenance of normal connective tissue as well for wound healing. It also facilitates dietary iron absorption from the intestine.
- Fresh fruit is very rich in **potassium**. Potassium is an important component of cell and body fluids, helps controlling heart rate and blood pressure through countering sodium effects.
- Red varieties of grapefruits are especially rich in the most powerful flavonoid antioxidant, **lycopene**. Studies have shown that lycopene protects skin damage from UV rays, and offers protection against prostate cancer.
- It contains moderate levels of **B-complex** group of vitamins such as **folates, riboflavin, pyridoxine, and thiamin** in addition to some resourceful minerals such as **iron, calcium, copper, and phosphorus**.

Grapefruit (Citrus paradisi), Fresh, Nutritive Value per 100 g.

(Source: USDA National Nutrient data base) Principle Nutrient Value Percentage of RDA Energy 42 Kcal 2.3% Carbohydrates 10.7 g 8% Protein 0.77 g 1% Total Fat 0.14 g <1% Cholesterol 0 mg 0% Dietary Fiber 1.70 g 4% Vitamins Folate 13 µg 3% Niacin 0.204 mg 1.5% Pantothenic acid 0.262 mg 5% Pyridoxine 0.053 mg 4% Riboflavin 0.031 mg 2.5% Thiamin 0.043 mg 4% Vitamin A 1150 IU 38% Vitamin C 31.2 mg 52% Vitamin E 0.13 mg 1% Vitamin K 0 µg 0% Electrolytes Sodium 0 mg 0% Potassium 135 mg 3% Minerals Calcium 22 mg 2% Copper 0.032 mg 4% Iron 0.08 mg 1% Magnesium 9 mg 2% Manganese 0.022 mg 1% Phosphorus 18 mg 2.5% Selenium 0.1 µg 0% Zinc 0.07 mg 1% Phyto-nutrients Carotene-β 686 µg -- Crypto-xanthin-β 73 µg -- Lycopene 1419 µg --