

Orange and Its Benefits

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Oranges are round, orange-colored citrus fruits that grow on trees. They originally came from China, but today these nutritious powerhouses are grown in warm climates around the world.

Oranges are a treasure trove of nutrients and protective plant compounds, including vitamins, minerals, and antioxidants. Studies show that consuming oranges regularly may benefit the health in several ways.



Benefits of Oranges

The vitamin C in oranges helps the body in lots of ways:

- Protects the cells from damage
- Helps the body make collagen, a protein that heals wounds and gives individual smoother skin
- Makes it easier to absorb iron to fight anemia
- Boosts the immune system, his/her body's defense against germs
- Slows the advance of age-related macular degeneration (AMD), a leading cause of vision loss
- Helps fight cancer-causing free radicals

When individual feeling anxious, vitamin C can also lower the levels of the stress hormone cortisol and the blood pressure.

Some other benefits

Anti-inflammatory. Some foods tell the immune system it's under attack. This causes inflammation. When inflammation turns into a long-term problem, it can trigger diabetes, heart disease, arthritis, cancer, and Alzheimer's disease. Oranges have the opposite effect.

Fiber. The 3 grams of fiber in a medium orange help keep the bowels healthy, cholesterol and risk of heart disease low, and ulcers at bay. Fiber also slows the way the body absorbs sugar -- a big bonus if individual have diabetes.

Calcium. Oranges are high in this important nutrient, which keeps the bones, organs, and muscles strong.

Folate for moms and babies. Oranges are a great way to get a big dose of folate naturally. The body uses it to divide cells and make DNA. Because it helps prevent birth defects, it's an especially important B vitamin for pregnant women.

Good sugar. The 12 grams of sugar in an orange are all natural. That's different from the kind of sugar individual would get in a candy bar. Plus, all the fiber, vitamins, and antioxidants that come with an orange make it a much better choice for the body. Choose raw oranges, which have less sugar than the dried kind.

Potassium. This nutrient lowers the blood pressure, and oranges have a bunch of it.

Citric acid and citrates. These compounds help prevent kidney stones from forming.

Conclusion

Oranges are a good source of fiber and a rich source of vitamin C and folate, among many other beneficial nutrients. Oranges are a rich source of several plant compounds that may be responsible for many of their health benefits. Oranges may benefit heart health, reduce the risk of some chronic diseases, enhance iron absorption, and support a healthy immune response.

Health Benefits of Orange

- Prevents formation of Kidney Stones
- Supports the production of hemoglobin
- Lowers high blood pressure
- Promotes healthy body tissues
- Reduces mucus secretion from the nose
- Prevents Constipation
- Contains a high amount of Vitamin C
- Help to built strong bones and teeth
- Prevents Rheumatoid arthritis
- Promotes proper digestion
- Heart disease
- Arteriosclerosis
- Cancer prevention
- Cholesterol
- Orange Peels are good for skin
- Repair Damaged Sperms
- Strong Source of vitamin C
- Reduce Stomach Ulcer
- Diabetes Management
- Stroke Prevention

