

What is a Lemon, and What are the Health Benefits of a Lemon?

Triston Hensley Core 100 Dr. Davis

Why did I Choose the Lemon

I choose the lemon because I like the flavor that a lemon gives when it is cooked with different meats, and my favorite dessert is lemon custard pie.

What I plan to cover about the Lemon

- In this presentation I plan to explain what a lemon is, how and where lemons are grown, the many nutrients that are in a lemon, and what are the many health benefits that a lemon has.

What is a lemon?

- A lemon is a hybrid fruit, of a citron and a lime, that are produced on small evergreen trees, native to subtropical Asia. These lemon trees can produce up to 600 pounds of lemons a year. There are many different types of lemons, but the three main types of lemons are Meyer, Eureka, and Lisbon.



When are lemons planted and harvested?

- Most lemons are harvested in the winter, but depending on the weather and growing conditions, they can be harvested any month of the year
- Lemon trees are usually planted in between the months of September to November to allow the tree to get stable roots before the freezing temperatures.



Where Lemons are Commonly Grown

- Lemons are commonly grown around tropical and temperate areas.
- The main countries where lemons are grown are Mexico and India, where lemons are believed to be native to, but the main exporter of lemons is Spain.
- The top 5 producers of lemons (in order) consist of: Mexico, India, Iran, Argentina, and The United States.

What are the nutrients that a lemon has?

- A lemon contains many different nutrients that include: water, proteins, carbohydrates, sugars, fibers, and fats.
- A lemon actually contains 89 percent water



Protein

- A lemon contains about 16 percent protein, which is twice the amount of protein than oranges and three times the amount of protein than grapefruit. Protein is used by your body to help repair damaged tissue and muscles in your body.



Carbohydrates

- The carbohydrates in a lemon mainly consist of simple sugars such as: glucose, fructose, and sucrose. Most carbohydrates are sugars as well. The sugars in a lemon mostly contain fructose.



Fibers

- One of the main fibers in a lemon is pectin, a sugar acid derived from galactose, which is very important to have a healthy diet. Fiber also smooths out your digestion.



What Vitamins and Minerals are in Lemons?

- Lemons contain many main vitamins and minerals that are important to have to maintain a healthy diet. These vitamins are Vitamin A, Vitamin B6, and Vitamin C. The lemon contains minerals such as iron and potassium.



Vitamin A

- Vitamin A is a very essential vitamin that helps with our eyesight, helps support our bone growth and development, and helps maintain healthy hair. Vitamin A also helps you develop strong, sturdy teeth.



Vitamin B6

- Vitamin B6 is a vitamin that helps convert food into energy to be able to have energy throughout the day. This vitamin will also reduce symptoms of depression, and reduce the risk of getting Alzheimer's. Your body cannot produce vitamin B6, so the only way of obtaining this vitamin is by consuming it.



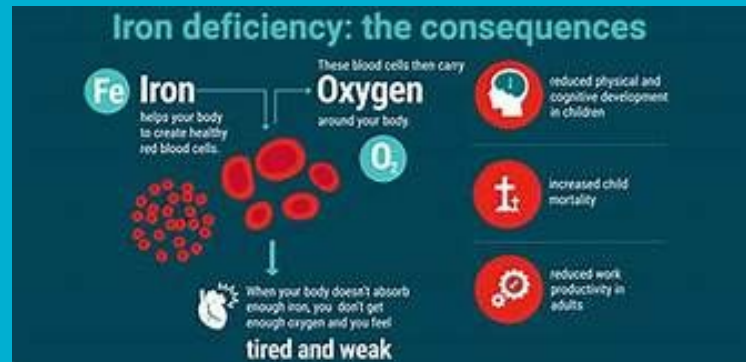
Vitamin C

- Vitamin C is an essential vitamin and antioxidant that is important for your immune system to function, for fighting off viruses and illnesses, and helps your skin. Lemon juice is also a very common used for treating acne scarring. Lemon juice will kill the bacteria that leads to acne as well. Lastly, lemons are high in antioxidants, which fight off cellular damage that cause wrinkles.



Iron

- Iron is mineral that is very important of the hemoglobin, which is the red blood cells that transfer oxygen from your lungs through the rest of your body. If you do not have enough iron in your body, you cannot make enough healthy oxygen to carry red blood cells throughout your body. Iron is also important to have because you need iron for your hormones



Potassium

- The potassium in a lemon is needed to help the parts of your body, including your brain, heart, and muscles, to work properly.



What are the Health Benefits from Consuming Lemons?


- Consuming lemons can be very health beneficial because it can prevent kidney stones, reduce the risk of getting cancer, improve digestive health, protect against anemia, and helps with weight management.

Preventing Kidney Stones?


- Lemons are very acidic, and from them being that acidic, they can prevent kidney stones because the acid increases urine volume and urine ph, which creates a less favorable environment for kidney stones to form

Symptoms of Kidney Stones

- Severe pain in the side and back, below the ribs
- Pain that spreads to the lower abdomen and groin
- Pain that comes in waves and fluctuates in intensity
- Pain on urination
- Pink, red or brown urine
- Cloudy or foul-smelling urine
- Nausea and vomiting
- Persistent urge to urinate
- Urinating more often than usual
- Fever and chills if an infection is present



Read more: <http://www.webmd.com/health/kidney-stones/0506242/DIET-D001symptoms>



Reducing the Risk of Cancer

- In some researches, scientists found out that some compounds in lemons, such as limesone, show anticancer effects. Another study shows that these compounds prevent malignant tumors in the tongue, lungs, and colon.



Improving Digestive Health

- Lemons are made up of about 10 percent carbohydrates, mostly including soluble fibers and simple sugars. These soluble fibers help the health of your gut and slow the digestion of sugars and starches. This also helps reduce your blood sugar levels.



Protecting Against Anemia

- Iron deficient anemia is very common, but lemons are a good source of iron. This can improve your absorption in take of iron, preventing you from getting anemia. You can also improve your absorption by consuming vitamin C and citric acid, which lemons are very high in as well.



Help Managing Weight

- Lemons are often referred to as the supreme food for weight loss. Research say that because of the amount of pectin, a soluble fiber in a lemon, will expand in the stomach and make you feel more full for a longer time. These researchers also believe that these compounds will either prevent or minimize weight gain.



Ways to consume a lemon

- There are many different ways lemons can be consumed. Lemons can be used in many different dishes ranging from cooking it on a grill with different types of meats (such as steak, chicken, and fish), to making it with different types of custards. Lemons are also used in various salad dressings and sauces. Lemons are also very commonly used when drinking water or tea.



Something I Learned While Doing This Project

- I learned that animals will actually eat lemons when they fall from the trees. The main consumer of lemons are Jackrabbits and Gophers, but Squirrels, Possums, and Raccoons will also consume lemons . I found this to be shocking to me considering how sour eating a plain lemon can be. I also did not know that lemons can be grown year round.

Works Cited

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