



Grapefruit

Health Benefits of Grapefruit

This tropical citrus is available in dark red, ruby red and white varieties. Like other citrus, it is high in vitamin C and at least 15 more nutrients. Usually consumed fresh, flavor can range from sour to sweet. Whole fruit is recommended over juice.

1/2 medium grapefruit provides:

- 52 calories, 1 gm protein, 2 gm fiber, no fat and no cholesterol

Potential benefits of consuming grapefruit:

- Contains 64% RDI of vitamin C; also B vitamins thiamin and folate
- Beta-carotene and lutein protect against inflammation, especially in the eyes and brain; Lycopene in pink grapefruit may help prevent cancer tumor growth, especially prostate cancer
- Contains potassium and magnesium for lower blood pressure and heart health; also contains zinc, copper and iron for immunity
- Citric acid in grapefruit may help prevent the formation of calcium oxalate kidney stones
- Grapefruit may interact with some medications such as statins, calcium channel blockers or immunosuppressants; See your doctor if taking these medications

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