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What are the benefits of drinking lemon juice on an empty stomach to our body?



Madrid (ots) -

- The extraordinary versatility of lemon has led this citrus fruit to become a reference in the Mediterranean diet, since it is also an important source of vitamin C
- In addition to the convenience of the format, drinking lemon juice in the morning can provide different health benefits to the organism, if consumed on an empty stomach.

The **European Union is increasingly known as the land of lemons**. It produces some of the highest quality lemons in the world. This is because the producers of this citrus fruit rely on the **European Production Model**, based on ensuring that the fruit is pampered and preserved so that it arrives completely **fresh and of the highest quality to the hands of consumers**.

In addition, **European lemon is one of the star foods that make up the popular Mediterranean diet**, one of the healthiest according to the **World Health Organization (WHO)**, a situation that is reflected in the countless dishes in which it is present, as it is used to **dress salads; accompany seafood, fish or meat, and season desserts**.

This versatility also allows for **its juice to be used as a natural juice**, a feature that can be adopted and contribute to a good habit if ingested on an empty stomach, since it has a number of benefits that affect directly on the good health of the regular consumer. **The vitamin C in lemon contributes to the normal functioning of the immune system and to the protection of cells against oxidative damage**. This way, it is possible to start the day with an advantage of support to our organism, especially during the winter, when it is more sensitive to respiratory diseases.

Similarly, this nutrient - **lemon has about 50 mg of vitamin C per 100 g of edible part** - helps to reduce both fatigue and body tiredness, apart from optimizing iron absorption. In fact, this mineral is very necessary for the growth and development of the body, according to the Spanish Agency for Food Safety and Nutrition (AESAN), and collaborates in the normal energy metabolism, in charge of managing fuels to cover the daily needs of the human organism.

Like other fruits, it contains a significant amount of soluble fibers (gums, mucilage and pectins) and insoluble fibers (cellulose, hemicellulose and lignin). The former absorbs a substantial amount of water, which generates a greater feeling of satiety, while the latter helps regulate intestinal transit.

Easy lemon juice recipe

Ingredients:

- 200 ml. squeezed lemon juice (6 Fino or Verna lemons)
- 1 l. of water
- 80 g. sugar (you can vary the amount to your liking)
- Ice

Elaboration process:

1. Squeeze 6 Fino or Verna lemons to make juice.
2. Put the sugar with about 300 ml of water in a saucepan and heat, stirring, until the sugar dissolves. Allow to cool.
3. Mix the lemon juice, sugar water and water challenge in a pitcher or glass bottle. Let stand or take to the refrigerator, if preferred cold.

The versatility and other features of the lemon of European origin are disseminated by the **Interprofessional Association of Lemon and Grapefruit (AILIMPO)** in the information campaign Welcome to the Lemon Age, which has the support of the European Union, with the aim of promoting its consumption among the new generations of consumers in Germany, France and Spain; and that more differentiating properties are valued and appreciated, for example, its **quality, freshness, sustainability, traceability and food safety** compared to non-EU lemons.

It is even possible to learn about other recipes made with this natural citrus fruit, free of fat, salt and sodium, and with low sugar content, through the [Welcome to the Lemon Age website](#).

About AILIMPO

AILIMPO is a Spanish interprofessional, based in Murcia, officially recognized by the Ministry of Agriculture, Fisheries and Food of Spain and the European Commission, which represents the economic interests of producers, cooperatives, exporters and the industry of lemon and grapefruit. A sector in which Spain is the world leader in fresh exports and ranks second as a processing country, with an annual turnover of 700 million euros, generating 20,000 direct jobs and transferring more than 250 million euros to ancillary industries.

More information at <https://thelemonage.com/>

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