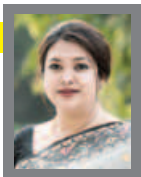


A NOTE ON NUTRITION**CHOWDHURY TASNEEM HASIN**

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Chowdhury Tasneem Hasin Regarded as a nutritional powerhouse, citrus fruits are a rich source of vitamins and minerals. It includes a variety of healthy ingredients, including vitamin C, an antioxidant that guards against cell damage.

Not only does the water-soluble vitamin C reduce inflammation but also aids in iron absorption, which is important for tissue growth and development. Lemons, oranges, grapefruits, and others citrus fruits that are popular in Bangladesh are also abundant in enzymes. These help with the many metabolic processes taking place within our bodies.

Citrus fruits contain a sour substance called citric acid, which is also utilised as a natural preservative. It can change the pH of the urine and stop the development of kidney stones.

Every cell in the body contains DNA, which is prone to damage or mutation when exposed to free radicals; genetic mutations can cause malignant cells to proliferate. Vitamin C can stop this mutation by getting rid of free radicals.



The fruits have a lot of fibre, too.

This preserves the digestive system's health and guards against issues including constipation, irritable bowel syndrome, diabetes, obesity, and heart disease. The

fibres control blood sugar levels and lower high cholesterol. It also aids in controlling body weight.

They are also rich in B complex. Fatigue, muscle weakness, mouth ulcers, troubles with eyesight, problems with judgment, memory, and understanding, as well as

depression are symptoms of a B complex deficiency.

Potassium, a mineral that regulates muscular contraction and heartbeat, is found in abundance in sour fruits. They have been shown to reduce blood pressure in people with hypertension.

Citrus fruits are needed for those who desire healthy skin, as it protects it from cellular deterioration. One of the greatest supplements for skin and hair due to its anti-aging properties as well as the advantage of soft, glowing skin.

Direct ingestion of the fruit or juice will provide the aforementioned advantages.

Seeds of citrus fruits are cold-pressed to produce citrus essential oil. The effectiveness of this essential oil in aromatherapy has been demonstrated. Our skin is moisturised and hair growth is improved when a few drops of the oil are mixed with a carrier oil like coconut or olive oil.

Citrus fruits are a nutritious, vitamin-rich diet, but needs to be consumed in moderation. They contain a lot of acid, which can irritate the stomach, particularly in people with gastroesophageal reflux disease (GERD).

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