



Grapefruit juice is a storehouse of useful vitamins and minerals

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Abstract. Grapefruit or, as it is also called “paradise citrus”, is a hybrid of orange and pomelo, famous for its refreshing and bitter-tasting flesh, highly valued by healthy lifestyle enthusiasts. It is believed that the systematic consumption of fruit helps to get rid of many diseases, improves mood and promotes weight loss. Grapefruit juice also has numerous positive properties for the body, contains a huge amount of useful vitamins and organic acids.

Key words: grapefruit, grapefruit juice , useful properties, contraindications, composition, caloric content

Composition and calories

The drink belongs to fairly low-calorie foods - 100 grams of juice contains only 41 kcal. ^[1] In addition, most of it consists of water (89.8%). There are practically no fats (0.27%) in it, there is a minimum of proteins (0.57%) and very few carbohydrates (9.1%) - an ideal addition to the menu for people who strictly follow their weight and slim figure!

Like other citrus juices, grapefruit juice contains various organic acids (citric acid is the main one - 1080 mg), as well as many minerals and vitamins ^[2] :

- Potassium (128 mg). Contributes to the normalization of blood pressure ^[3] and the human nervous system.
- Phosphorus (15 mg). Normalizes metabolism, helps to more fully assimilate useful substances, improves the growth of bones and teeth.
- [Magnesium](#) (7.7 mg). Increases the body's resistance to stress ^[4] , improves performance ^[5] , promotes bone tissue regeneration. ^[6]

- Calcium (9 mg). Strengthens bones and helps in the fight against osteoporosis ^[7], stabilizes blood pressure ^[8] and the functioning of the nervous system. ^[nine]

Top 7 Health Benefits of Grapefruit Juice

1. Restores the liver

Grapefruit (in the same bitter film that envelops each slice of fruit) contains a useful plant flavonoid naringin. It improves bile production and even reduces alcohol poisoning of the liver. ^[10]

2. Protects Against Cancer

There are several varieties of grapefruit depending on the color of the peel and pulp: white, yellow, pink. The latter are considered the sweetest. In addition, they contain a large amount of lycopene, a carotenoid pigment. ^[11] It is not only responsible for the color of the fruit, but is also a powerful antioxidant that helps fight cell aging and protects against many types of cancer. It is pink grapefruits that are recommended for making tasty and healthy citrus fresh juice.

3. Strengthens bones

Studies show that regular consumption of grapefruit juice promotes strong bones and is an excellent prevention of osteoporosis. ^[12] Want to reduce the risk of broken bones and protect older people from accidental injury? Add a few glasses of delicious refreshing fresh juice to the mandatory daily diet of each family member!

4. Helps in the treatment of diabetes

Citrus pulp contains the bioflavonoid quercetin. The substance has powerful therapeutic properties, especially effective in the treatment of type 2 diabetes ^[13], shows excellent performance in lowering blood glucose levels. ^[fourteen]

5. Promotes weight loss

Daily consumption of a drink rich in flavonoids has a positive effect on the figure, helps in weight loss. ^[15] Want to experience the effectiveness of the drink for yourself? Complement your diet with a few cups of grapefruit juice!

6. Is a natural antidepressant

Grapefruit juice contains the bioflavonoid hesperidin, which also has antidepressant properties. ^[16] Why take artificial, often addictive antidepressants when a great and safe cure for stress and bad mood can be made from the ingredients at hand?

7. Reduces the risk of heart attacks and strokes

Pectin contained in the pulp of citrus fruits helps lower blood cholesterol levels, which reduces the risk of developing cardiovascular diseases. ^[17]

Fresh grapefruit is often used in cosmetology for the preparation of various anti-inflammatory masks and lotions. And the leftovers from the processing of grapefruit juice and whole culled fruits are used for the production of animal feed. ^[eighteen]

Contraindications and possible harm of grapefruit juice

Multiple studies show that taking grapefruit juice with statins, drugs that suppress cholesterol production, (even in a 12-hour period) greatly increases the effect of the drug. ^[19] In addition, the fact that this drink has the property of multiplying the effect of many pharmaceutical drugs has been proven. Sometimes this can lead to undesirable consequences and even death. ^[20] This feature of grapefruit juice must be taken into account when taking any potent drugs - a preliminary consultation with the appropriate specialist is necessary.

Also, the contact of grapefruit juice with tooth enamel can lead to its destruction and the formation of caries. ^[20] That is why dentists recommend using all fresh juices with the help of special tubes, and also advise immediately rinsing the mouth with clean drinking water to wash away the remnants of sweet and sour liquid from the surface of the teeth.

Grapefruit Juice Guidelines

To fully saturate the body with all the necessary vitamins and minerals contained in the fruit, it is recommended to drink at least two glasses of a delicious drink daily. For small tasters, the rate is reduced to one glass.

Introducing freshly squeezed fresh grapefruit juice into the crumbs menu as complementary foods is carefully, one teaspoonful at a time, carefully observing the reaction of the babies. It is recommended to start food experiments no earlier than 1 year. If a child has a food allergy to any products, acquaintance with an exotic drink should be postponed until an older age - at least until reaching 3 years.

Recommendations for the preparation and storage of grapefruit juice

The most useful is a smoothie passed through a blender. This drink contains the most valuable pectin for the body. If you do not like drinking juice with pulp, you can squeeze it through a sieve or gauze. You can also use a juicer to make fresh juice.

It is recommended to eat freshly prepared juice (within the first 20 minutes after receiving it). Then it oxidizes from contact with oxygen and loses some of its beneficial properties. If it is not possible to drink the entire volume of the resulting drink at once, it is recommended to put it in the refrigerator to protect it from souring and the growth of pathogenic bacteria.

Expert comment

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Grapefruit juice is an original taste and a very healthy drink that brings invaluable benefits to the body. Freshly prepared fresh juice helps to increase immunity and mood without the use of additional pharmaceutical preparations, significantly reduce body volume and protect against such dangerous diseases as oncology and diabetes. Convince yourself of the effectiveness and benefits of the drink by adding it to your family's daily diet!

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Abstract. The article discusses the main properties of grapefruit juice and its effect on the human body. A systematic review of modern specialized literature and relevant scientific data was carried out. The chemical composition and nutritional value of the drink are indicated, the use of grapefruit juice in various types of medicine and the effectiveness of its use in various diseases are considered. The potentially adverse effects of grapefruit juice on the human body under certain medical conditions and diseases are analyzed separately.