



Sweetie juice is a delicious healing drink for the whole family

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Abstract. A hybrid of pomelo and white grapefruit, bred by Israeli scientists in the early 80s of the last century, has an original sweet and sour taste and is a unique source of numerous microelements useful for the body. It is for this reason that delicious and healing juice from suites is recommended to be included in the daily menu for both adults and kids.

Key words: sweetie, sweetie juice , useful properties, contraindications, composition, calorie content

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Composition and calories

A reduced variety of pomelo, called "oroblanco" or "white gold" by American entrepreneurial farmers, is juicy (80% water) and rather low in calories - it contains only 58 kcal. Considering that the fruit contains a minimum of fats and proteins (0.2% and 0.7%) and a small amount of carbohydrates (9%), fresh from suite is considered a dietary product - it can safely be included in the menu of people who strictly monitor their weight and figure .

Also, the composition of the drink includes many vitamins and nutrients:

- [Vitamin C](#) , or ascorbic acid (45 mg). It is a powerful antioxidant - it prevents the aging of body cells, starts the production of its own collagen, strengthens the immune system, helps fight viruses, colds ^[1] and even periodontitis. ^[2]

- Potassium (212 mg). It normalizes blood pressure ^[3], improves oxygen supply to cells, promotes healthy bones ^[4] and mental clarity, and has an anti-allergic effect.
- Calcium (23 mg). Regulates blood clotting processes, prevents the development of osteoporosis ^[5] and the occurrence of seizures, promotes healthy bones and teeth, helps in weight loss, and prevents the occurrence of polyps in the colon. ^[6]
- Sodium (13 mg). Helps to maintain intracellular fluid, prevents the occurrence of heat stroke and the development of dehydration, promotes the healthy functioning of muscles and nerves. ^[7]
- Phosphorus (18 mg). It normalizes metabolic processes in the body, provides energy production sufficient for its healthy functioning, helps to absorb vitamins and minerals, stabilizes the muscular and nervous systems, promotes bone growth (in particular, it is recommended for pregnant women for the proper formation of the fetal bone skeleton ^[8]).

In addition, citrus fruits, which include suites, are rich in flavonoids. In particular, they contain naringin and narirutin, which strengthen the walls of blood vessels, help lower blood pressure ^[9], and provide a powerful anti-inflammatory effect. ^[10]

The juice has a low glycemic index and can be consumed by patients suffering from diabetes. Of course, in reasonable quantities.

Top 5 Health Benefits of Sweetie Juice

1. Has detoxifying properties

Studies have proven that sweetie juice, or oroblanco (as this fruit is often called in America), has a beneficial effect on the liver - it has a detox effect, cleanses it of toxins and toxins. ^[eleven]

2. Is a powerful antioxidant

Among all citrus fruits, it is the pulp of the suite that has the most powerful antioxidant potential. ^[12] Do you want to protect the body from the negative effects of the environment and the ruthless passage of time? Add healthy and delicious sweetie juice to your daily diet!

3. Reduces blood cholesterol levels

It has been established that the juice of a citrus hybrid is distinguished by a high content of biologically active compounds that contribute to a decrease in the level of lipids in the blood. ^[13] Freshly squeezed sweetie pulp is recommended as a healthy natural supplement for people suffering from hypercholesterolemia (high blood cholesterol levels).

4. Prevents Cognitive Impairment

The high content in the drink of a unique citrus flavonoid, nobiletin, helps slow down the development of such incurable diseases as Alzheimer's disease and Parkinson's disease. ^[fourteen]

5. Positively affects the work of the heart and the cardiovascular system

Regular consumption of juice squeezed from the pulp of citrus fruits helps cleanse blood vessels from cholesterol plaques, normalize blood pressure and improve the functioning of the cardiovascular system as a whole. ^[15]

Tasty and healthy sweet juice is often used in cooking and cosmetology. In particular, it is added to various masks and creams. It perfectly nourishes, moisturizes and cleanses the skin, normalizes its hydro-lipid balance.

Contraindications and possible harm to sweet juice

Healthy and tasty sweet juice also has its contraindications. In particular, it is recommended to try it with caution for people suffering from various food allergies. Also, they should not be abused in the presence of inflammation of the gastrointestinal tract, etc.

Like any other natural fresh juice, sweet fruit juice has a destructive effect on tooth enamel, which can lead to caries.^[16] Dentists therefore recommend consuming the drink through a straw and thoroughly rinsing the mouth with clean water after contact with the delicious sweet and sour liquid.

Norms and recommendations for the use of Sweetie juice

To fully replenish the body's needs for vitamins and minerals, it is recommended to consume at least 1 glass of a delicious drink daily. This is the norm for adults. For babies over the age of 5 years, the recommended dosage is slightly less - up to 100 ml.

It is worth gradually starting to get acquainted with a new product. Initially, with 1 teaspoon of liquid, gradually increasing the rate, if there is no negative reaction from allergic manifestations and the gastrointestinal tract.

How to prepare and store sweetie juice

Even a ripe sweetie has a green skin. Therefore, focusing on the color of the citrus peel when choosing fruits is not worth it. Choose whole, heavy fruits without dents or cracks with shiny, healthy skins. Please note that suites, like pomelo, have a fairly thick skin, which affects the amount of pulp present in it. This fact should be taken into account when choosing fruits selected for juicing.

Fresh is squeezed out of suite by analogy with other citrus fruits. Peel the fruit from a thick peel, and then slices from a thin skin, pass the peeled pulp through a juicer, or use ordinary gauze to squeeze. The resulting drink is recommended to be consumed immediately, since prolonged contact with air leads to the volatilization of some of the beneficial substances. Also, microorganisms dangerous to health can develop in the product over time. To slow down these processes, the juice can be stored in the refrigerator for several hours.

Expert comment

Tatyana Eliseeva, nutritionist, nutritionist

Tasty and healthy juice from sweetie will help to fill the lack of vitamins and improve mood in the gloomy autumn-winter period, as well as reliably protect the bodies of kids and adults from many seasonal and other diseases. That is why a healing preventive fresh juice from a juicy sweet hybrid of pomelo and grapefruit is recommended to be introduced into the family diet at least periodically.

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Abstract. The article discusses the main properties of the juice from the retinue 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 juice from the retinue in various types of medicine and the effectiveness of its use in various diseases are considered. The potentially adverse effects of juice from the retinue on the human body under certain medical conditions and diseases are analyzed separately.