

**HEALTHY EATING TIPS** > Compiled by Beatrice Nakibuuka

# Oranges can boost your immunity

Oranges have been mentioned as one of the happy fruits and are known to strengthen your immune system because it is good for preventing colds and preventing recurrent ear infections. They are a soluble fibre which helps in proper digestion thereby controlling constipation.

Oranges can boost the immune system and improve your skin; they improve heart health by controlling sugar and cholesterol levels. Oranges may additionally help reduce the risk of respiratory diseases such as flu, certain cancers, rheumatoid arthritis, ulcers and kidney stones.

Fausta Akech, a nutritionist at Healthy U, says oranges such as most citrus fruits produce more juice when are at room temperature. Vitamin C gets de-

stroyed fast when exposed to air, so eat an orange quickly once cut up.

## Vitamin C

Oranges are an excellent source of vitamin C and a good intake of this citrus fruit daily is associated with a reduced risk of colon cancer as it helps to prevent free radicals that cause damage to our DNA thereby causing cancer.

Akech says, "Daily intake of oranges can prevent cancers like lung, skin and breast, colon cancer. The vitamin C and antioxidants present are both

important in building the body's immunity. The fibrous nature of the fruit also makes it cancer protective."

## Prevents skin damage

The anti-oxidant element in oranges help protect skin from free radical damage which is known to cause signs of aging. Eating an orange daily will actually help your skin look younger.

"The vitamin C in the oranges protect the skin from damage caused by the sun and pollution. It is vital to collagen production and may help reduce wrinkles and improve the skin's overall texture," she says.

Checks blood pressure & sugar  
Oranges, being rich in Vitamins B6 which helps in the production of

haemoglobin and also help keep blood pressure under check due to the presence of magnesium.

"The sugar in oranges, fructose, can help keep blood sugar levels from rising too high after eating, says Akech. However, it is not good to eat many oranges at once because they can spike insulin and may even lead to weight gain."

## Good eye health

"Oranges are a rich source of carotenoid from Vitamin A which play an important role in keeping the mucus membranes in the eyes healthy. Vitamin A is also responsible preventing age-related macular degeneration, which in extreme cases can lead to blindness for elderly people," she remarks.

