***BENEFITS AND NUTRIENT CONTENT PER 100 G OF THE FRUITS SERVED BY SRI GIRIJA AT CITRIX***

***Orange***

* Oranges are an excellent source of Vitamin C, a powerful antioxidant which helps remove free radicals and prevent damage both inside and outside cells.
* It helps prevent the occurrence of kidney stones as it increases the urinary pH thus reducing the risk of stone formation.

|  |  |
| --- | --- |
| FRUIT | ORANGE |
| CALORIES- Kcals | 47 |
| CARBOHYDRATE - g | 11.75 |
| PROTEIN - g | 0.94 |
| FAT - g | 0.12 |
| SODIUM - g | 0 |

***Pineapple***

* Pineapples are an excellent source of Vitamin C, which is required for the collagen synthesis in the body.
* They contain both soluble and insoluble fiber which strips the blood vessels clean of excess cholesterol and eliminates it from the body.

|  |  |
| --- | --- |
| FRUIT | PINEAPPLE |
| CALORIES- Kcals | 48 |
| CARBOHYDRATE - g | 12.63 |
| PROTEIN - g | 0.54 |
| FAT - g | 0.12 |
| SODIUM - g | 0.001 |

***Musk Melon***

* Muskmelon is rich in potassium, which helps in controlling blood pressure.
* It is an excellent source of Vitamin A and beta carotene, which helps sharpen eye sight as well as reduce the risk of cataract development.

|  |  |
| --- | --- |
| FRUIT | MUSKMELON |
| CALORIES- Kcals | 34 |
| CARBOHYDRATE – g | 8.16 |
| PROTEIN - g | 0.84 |
| FAT - g | 0.19 |
| SODIUM – g | 0.016 |

***Butter Fruit/Avocados***

* Butter fruit is a good source of monounsaturated fatty acids, and they have low sugar content.
* They are a good source of energy and contain a number of essential vitamins and minerals.
* It protects liver from damage and aliments, reduces risk of cardiovascular disease, aids in digestion and weight management.

|  |  |
| --- | --- |
| FRUIT | BUTTER FRUIT |
| CALORIES- Kcals | 160 |
| CARBOHYDRATE – g | 8.53 |
| PROTEIN - g | 2 |
| FAT - g | 14.66 |
| SODIUM – g | 0.007 |

***Water Melon***

* Water melon has high water content and is a good source of the potent antioxidant called Lycopene.
* It is rich in the electrolytes sodium and potassium and helps to control our blood pressure levels.

|  |  |
| --- | --- |
| FRUIT | WATER MELON |
| CALORIES - Kcals | 30 |
| CARBOHYDRATE - g | 7.55 |
| PROTEIN - g | 0.61 |
| FAT - g | 0.15 |
| SODIUM - g | 0.001 |

***Grapes***

* Grapes are a wonderful source of micro-nutrients like copper, iron, and manganese, all of which are important in the formation and strengthening of bones.
* The high levels of Vitamin C, K, and A in grapes gives your immune system a healthy boost.
* Flavonoids present in grapes are antioxidants, which can reduce and fight the damage caused by free radicals.

|  |  |
| --- | --- |
| FRUIT | Grapes |
| CALORIES - Kcals | 69 |
| CARBOHYDRATE - g | 18.1 |
| PROTEIN - g | 0.72 |
| FAT - g | 0.16 |
| SODIUM - g | 0.002 |

***Papaya***

* Papaya is high in all powerful immune boosting Antioxidant Vitamins like Vitamin C, A and E. The antioxidants slow down the aging process in our body.
* Papaya contains two enzymes; papain and chymopapain which helps to reduce inflammation and increases the rate of healing and burns.
* Papaya helps lower cholesterol due to its high fiber content.

|  |  |
| --- | --- |
| FRUIT | Papaya |
| CALORIES - Kcals | 39 |
| CARBOHYDRATE - g | 9.81 |
| PROTEIN - g | 0.61 |
| FAT - g | 0.14 |
| SODIUM - g | 0.003 |

***Mosambi***

* Mosambi contains high amounts of Vitamin C which helps in reducing swelling and inflammation.
* It also acts as a detoxifying agent due to its richness in Potassium that helps to remove toxins.
* Mosambi is highly recommended for athletes as it reduces muscle cramps and hydrates the body after a rigorous work out.

|  |  |
| --- | --- |
| FRUIT | Mosambi |
| CALORIES - Kcals | 43 |
| CARBOHYDRATE - g | 11 |
| PROTEIN - g | 0.7 |
| FAT - g | 0.2 |
| SODIUM - g | 0 |