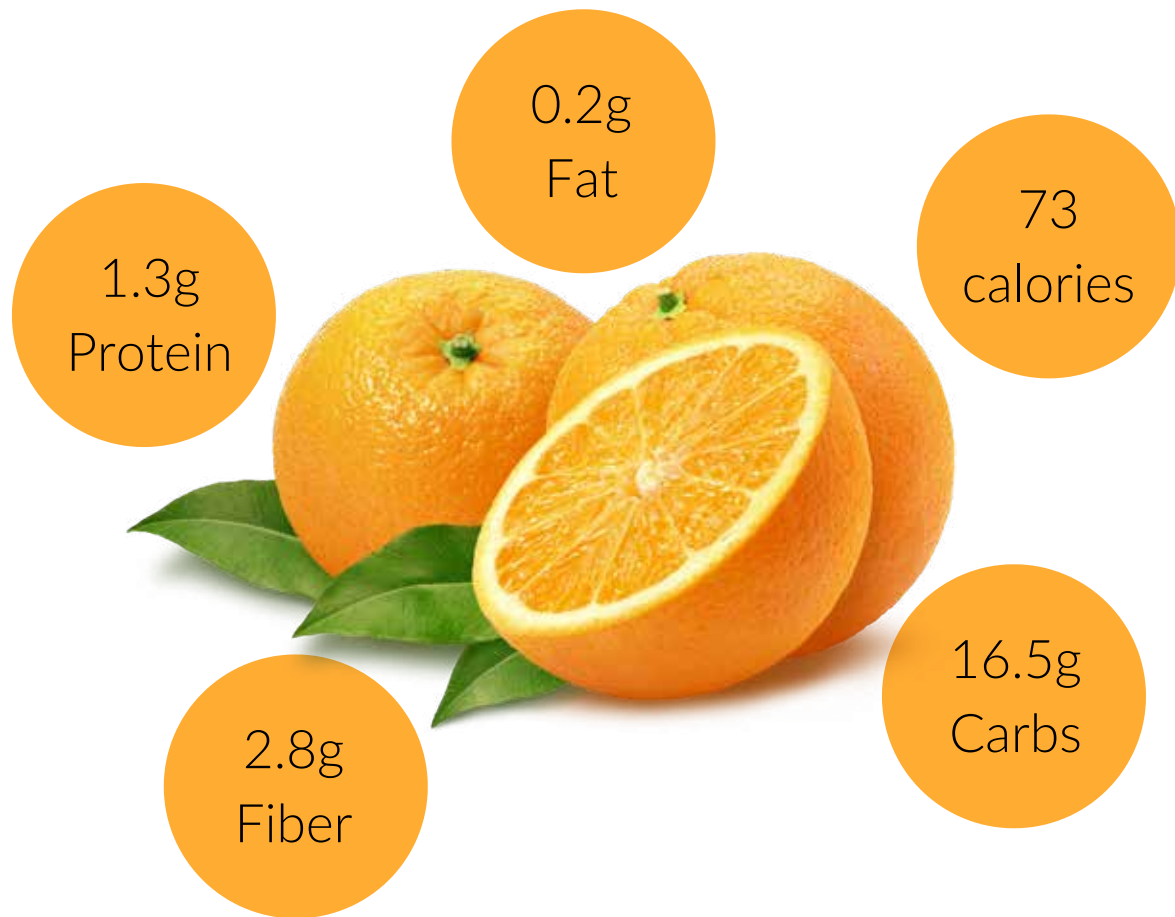


# Orange Nutrition Facts



One navel orange (140g) provides 73 calories, 16.5 grams of carbohydrates, 2.8 grams of fiber, 1.3 grams of protein, 0.2 grams of fat, and 12 grams of sugars. Oranges are an excellent source of vitamin C and provide calcium, potassium, thiamin, and folate.

- Calories: 73
- Fat: 0.2g
- Carbohydrate: 16.5g
- Fiber: 2.8g
- Sugars: 12g
- Protein: 1.3g

# Orange Health Benefits

## Promotes Heart Health

Oranges are rich in fiber, which helps with maintaining a healthy weight and lowers the risk of heart disease, diabetes, and some types of cancer. Oranges also contain phytonutrients that can lower the risk of cardiovascular disease.



## Helps Lower Blood Pressure

Oranges are a good source of vitamin C and potassium, which can help lower blood pressure.



## Offers Antioxidant Properties

Oranges contain vitamin C which is an antioxidant that is important in the production of the proteins needed to keep skin youthful. It also plays a role in protecting cells from damage, cell repair, and wound healing.



## Lowers Risk of Cataracts

Oranges contain thiamin which decreases the risk of developing cataracts, a clouding of the normally clear lens of the eye.

