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Are lemons and limes Keto friendly?

Lemons and Limes. While you might want to stay away from oranges on the keto diet, feel free to flavor your foods with lemon and lime juice.

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Can you eat lemons on a low carb diet?

Lemons are also keto-friendly, so go ahead and add a spritz of lemon juice to your ice water has about 0.5 g of net carbohydrates and only 0.2 g of sugar.

What happens if you eat one lemon a day?

Support Heart Health One lemon provides about 31 mg of vitamin C, which is 51% of the reference daily intake (RDI). Research shows that eating fruits and vegetables rich in vitamin C reduces your risk of heart disease and stroke (1 , 2 , 3).

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