# **MORE QUESTIONS AND ANSWERS**

## 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.

### **RELATED QUESTIONS**

## 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.

### 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).





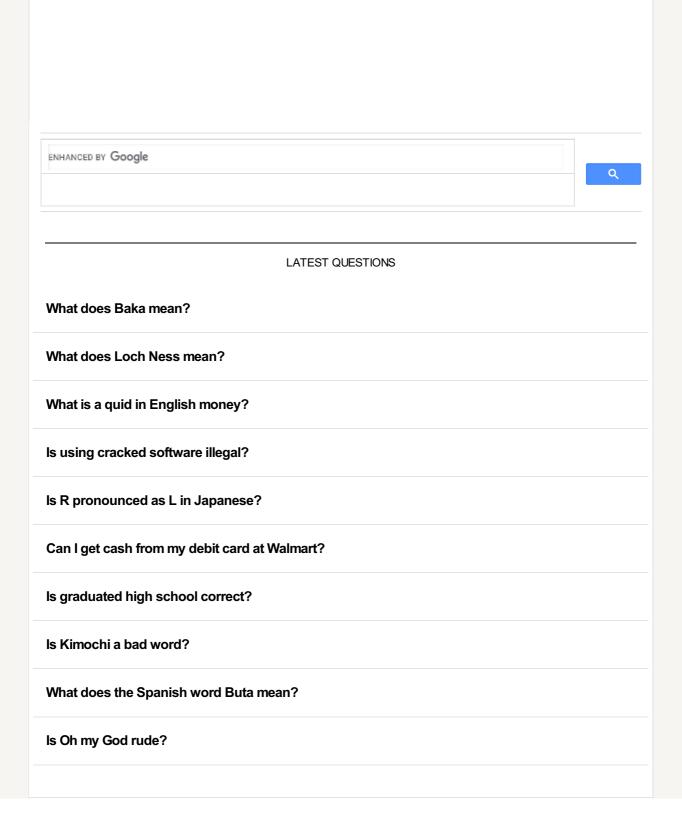












# How much is a quid to a US dollar? Is there a difference between saying I love you and love you? Where can I find the decal number on my car? Does Walmart sell good batteries? What does it mean when someone says they love you to death? What should I level up in Skyrim? How high can you level up in Skyrim?













