

## MORE QUESTIONS AND ANSWERS

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### **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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#### RELATED QUESTIONS

### **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.

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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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### **Is it really that hard to get into med school?**

The sheer amount of knowledge required for medicine is difficult, but just getting into school can be even harder. Medical school acceptance rates are extremely low. Each year the American Association of Medical Colleges (AAMC) releases average GPA cum and GPA science and MCAT scores for applicants to medical school.

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### **How many oz of chicken is a serving?**

A wide variety of vegetables and side dishes can also make a difference in how much protein you serve. According to the American Heart Association, a serving size of meat or poultry is 3 to 4 ounces for adults—or a portion that is about the size of a computer mouse or deck of cards.

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### **How much cholesterol per day if you have high cholesterol?**

The official advice from the American Heart Association and other groups is to limit your total daily intake to less than 300 milligrams. But while checking cholesterol numbers, also take a look at the saturated fat, which has a much bigger impact on raising cholesterol levels.

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### **Why is cancer not curable?**

There will likely not be one cure for cancer because more than 200 individual diseases fall under the “cancer” umbrella, according to the American Association for Cancer Research. All of these maladies are characterized by the uncontrolled production of cells.

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### **What's the difference between Red Cross and American Heart Association?**

One significant difference is that while the Red Cross promotes recent research, the American Heart Association are the researchers, statisticians, and providers of information regarding mainstream heart health, cardiac arrest and resuscitation statistics.

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### **What is the full form of AAOS?**

AAOS. American Association of Orthopaedic Surgeons. Medical.

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### **Is salt bad for losing weight?**

The Rules of Salt Moderation If you're getting too much sodium, you're retaining water, which can lead to a tip of the scale, and possibly jeopardize your weight loss efforts. To be safe, go by the sodium intake that the American Heart Association recommends by allowing yourself no more than 1,500 mg daily.

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### **How many mg of cholesterol per day is healthy?**

The official advice from the American Heart Association and other groups is to limit your total daily intake to less than 300 milligrams. But while checking cholesterol numbers, also take a look at the saturated fat, which has a much bigger impact on raising cholesterol levels.

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### **Is 63g of sugar a lot?**

According to the American Heart Association (AHA), the maximum amount of added sugars you should eat in a day are ( 7 ): Men: 150 calories per day (37.5 grams or 9 teaspoons) Women: 100 calories per day (25 grams or 6 teaspoons)

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### **Is Hamburger Helper healthy?**

Hamburger Helper contains a significant amount of sodium. The mixes may contain 580 to 810 milligrams of sodium per serving, while the prepared meals can contain up to 990 milligrams per serving. Most adults should limit their daily intake of sodium to about 1,500 milligrams, suggests the American Heart Association.

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