Who doesn't love a delicious and juicy orange as a snack? They are popular with athletes because they can be easily eaten for a burst of energy. I enjoy eating one or two oranges a day most of the year for that same energy-boosting effect.

Health Benefits

Helps Prevent Cancer:
Oranges are rich in citrus limonoids, proven to help fight a number of varieties of cancer including that of the skin, lung, breast, stomach and colon.

Prevents Kidney Diseases:
Drinking orange juice regularly prevents kidney diseases and reduces the risk of kidney stones. Drink juice in moderate amounts. The high sugar content of fruit juices can cause tooth decay and the high acid content can wear away enamel if consumed in excess.

Reduces Risk of Liver Cancer:
According to two studies in Japan eating mandarin oranges reduces liver cancer. This may be due in part to vitamin A compounds known as carotenoids.

Lowers Cholesterol:
Since they're full of soluble fiber, oranges are helpful in lowering cholesterol.

Boosts Heart Health:
Oranges are full of potassium, an electrolyte mineral is responsible for helping the heart function well. When potassium levels get too low, you may develop an abnormal heart rhythm, known as an arrhythmia.

Lowers Risk of Disease:
Oranges are full of vitamin C which protects cells by neutralizing free radicals. Free radicals cause chronic diseases, like cancer and heart disease.

Fights Viral Infections:
Studies show that the abundance of polyphenols in oranges protects against viral infections.

Relieves Constipation:
Oranges are full of dietary fiber which stimulates digestive juices and relieves constipation.

Helps Create Good Vision:
Oranges are rich in carotenoid compounds which are converted to vitamin A and help prevent macular degeneration.

Regulates High Blood Pressure:
The flavonoid hesperidin found in oranges helps regulate high blood pressure and the magnesium in oranges helps maintain blood pressure.

Protects Skin:
Oranges are full of beta-carotene is a powerful antioxidant protecting the cells from being damage which also protects the skin from free radicals and prevents the signs of aging.

Oranges Alkalize the Body:
Although oranges are acidic before you digest them, they contain many alkaline minerals that help to balance out the body after they are digested. In this respect, they are similar to lemons which are one of the most alkaline foods available.

Provides Smart Carbs:
Oranges like all fruits have simple sugars in them, but the orange has a glycemic index of 40. Anything under 55 is considered low. This means as long as you don't eat a lot of oranges at one time, they won't spike your blood sugar and cause problems with insulin or weight gain.