



Lemons

Lemon is an excellent source of vitamin C and fibre, whilst being very low in calories. This zesty fruit contains around 8% citric acid which assists with digestion. Lemons can provide a bright spark of acidity to cut the richness of seafood, chicken, lamb and pasta dishes. The versatility of lemons can be used in healthy eating swaps such as;

- In water to provide flavour instead of cordial
- Mixed with olive oil as a salad dressing instead of buying pre packaged dressings
- In marinades for meat instead of using butters and margarines

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