



# Mehr Chand Mahajan DAV College for Women

## Sector 36-A, Chandigarh

<b>BOTANICAL NAME</b>	<i>Citrus sinensis</i> (L.) Osbeck
<b>COMMON NAME</b>	Mousambi, Musami, Sweet Lime, Sweet Orange
<b>FAMILY</b>	Rutaceae



**FUN FACT** It is a low-calorie food with less than 45 calories.

### COMMON USES

1. Sweet lime water is served as a juice.
2. It is rich in ascorbic acid and has antioxidants.
3. The peel of sweet limes is rich in pectin that can lower blood sugar and cholesterol levels.
4. They are good for digestion and cardiovascular health due to presence of fiber.

### REFERENCES

- 1) [https://en.wikipedia.org/wiki/Citrus\\_limetta](https://en.wikipedia.org/wiki/Citrus_limetta)
- 2) <https://wildroots.in/shop/outdoor-plants/fruit-plants/mosambi-citrus-limetta/>
- 3) <https://www.timesfoodie.com/nutritional-facts/sweet-lime-mosambi-health-benefits-and-nutrition-facts/91075283.cms>