



Nutritional benefits of eating Cucumbers

Make your diet healthier by adding cucumbers to your food.

Along with long days, one of the great joys of summer is when the cucumbers come in. These classic warm weather vegetables are deliciously cooling, versatile – and great for people who are trying to maintain a healthy diet. Apart from being delicious no matter which way they are prepared, cucumbers are also incredibly healthy.

Cucumbers are a great source of vitamins

A great source of Vitamin A, Vitamin C, calcium and potassium. Cucumbers are low in calories and great for digestion.

The structure of a raw cucumber with its peel is 95% water

One medium cucumber (301 grams) contains :

45 calories and contains no fats or cholesterol.

contains 6 milligrams of sodium.

contains 11 grams of carbohydrates.

contains 2 grams of dietary fibre.

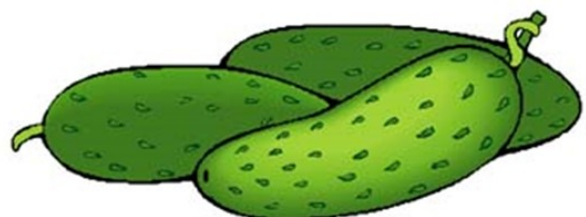
contains 5 grams of sugar.

contains 2 grams of protein.

contains 48 milligrams of calcium.

contains 1 milligram of iron.

contains 442 milligrams of potassium.





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Cucumbers are not only the quintessential summer vegetables – and essential for use in salads, soups and other exciting recipes. They can also improve your health and beauty.

Did you know:

Cucumbers can protect you against The Sun! - As a face scrub, use a sliced cucumber, crushing it and scrubbing all over the face. Wash your face after fifteen minutes and your skin will be clear. This is one of the best cucumber benefits for skin.

Lose Weight - one medium cucumber is only 25 calories, you can add them in your salad. Your stomach will be full for a longer period of time and you will never have that bloated feeling .



Reduces Puffiness around your eyes- All you need to do is slice the cucumber in circles and place two of them on both your eyes. Let it stay for about thirty minutes. Your dark circles and puffiness will vanish and you will look absolutely amazing



Improves Fresh Breath- Just put a slice of cucumber on the roof of your mouth for about 30 seconds and your bad breath will be gone

Promotes general health - Because cucumbers are mostly water, they help the body stay hydrated, compounds in the cucumber have shown to help lower blood pressure, heart disease, kidney, and eye problems and strokes. Their high vitamin and mineral content, also helps avoid nutrient deficiencies and keep the body functioning at its best