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What Happens to Your Body if You Eat Clementines Every Day, According to Registered Dietitians

Jessica Sager | August 1, 2024



Stephanie Harvey via Unsplash

Clementines are petite, portable and delicious—and oh-so nutritious.

These adorable mini oranges are a pretty irresistible snack, and there are few fruits more refreshing on a summer day than some sweet, juicy citrus.

“Because clementines are so high in water, they can help keep you hydrated,” Miranda Galati, MHSc, RD, and owner of Real Life Nutritionist, tells Parade.

That’s far from their only benefit. As it turns out, clementines are really healthy. Find out what happens to your body if you eat clementines every day—and why you may want to munch on these mandarins all year long.

Are Clementines Healthy?

Heck yes, they are! “Clementines are low in calories with high water content, making them the perfect addition to any meal or snack,” Galati explains. “Clementines are best known for their vitamin C content. A single clementine contains about 40 percent of your vitamin C needs, which can support the health of your cells, skin and immune system.”

Trimly

Another benefit of the vitamin C content in clementines is collagen production, which can aid in healing wounds and repairing tissue, according to Blanca Garcia, RDN at Health Canal.

“Vitamin C is essential because the body can’t make it alone,” Garcia says. “It is also essential for making certain neurotransmitters for nerve function. It’s an antioxidant that helps balance radicals, but also functions in helping make other antioxidants.”

At the risk of sounding like an as-seen-on-TV commercial: But wait, there’s more!

“Clementines contain both soluble and insoluble fiber, which can help with constipation and blood sugar control, along with phenolic compounds which feed our good gut microbes and can reduce inflammation,” says Kim Kulp, RDN and owner of The Gut Health Connection.

Another bonus of that soluble fiber, according to Shelby Greenville, MS, RDN, LD, is that it can lower LDL cholesterol—the “bad” kind.

And one benefit of clementines that tends to fly under the radar? “Clementines have beta carotenoids,” Kim Shapira, RD and nutrition coach at [Trimly](#), says. “They’re found in yellow, orange and red foods that help with your eye health.

Barring any allergies, sensitivities or medication interactions, your body will thank you for eating clementines daily—largely for the vitamin C content.

“Vitamin C plays a vital role as an antioxidant, maintains healthy skin, blood vessels, bones and cartilage, aids in wound healing and facilitates iron absorption,” Mindy Haar, Ph.D., RDN and assistant dean at New York Institute of Technology’s School of Health Professions tells *Parade*. “With most people getting too little fiber—which is necessary for optimal gastrointestinal functioning—the 3 grams of fiber in the two-fruit serving can help you reach optimal fiber intake.”



Jonathan Pielmayer via Unsplash

Basically: Your skin may look better, your scabs may heal faster, your bowels will be more regular and you may develop stronger bones and have more energy. Sounds like a sweet deal to us.

How Many Clementines Can You Eat In a Day?

Experts agree that eating about two to three clementines per day, depending on their size, is pretty darn good for you.

“Eating clementines every day is fine,” Haar says. “If it’s your main source of vitamin C, eating three will cover your daily requirement.”

One caveat: If you’re on certain medications, you may want to check with your doctor before gorging on too many tiny oranges. Alyssa Pachecho, RD, points out, “Clementines may have the same compound as grapefruits, which may interact with certain medications such as statins to lower cholesterol levels.”

What Happens If You Eat Too Many Clementines?

In the case of clementines, you can definitely have too much of a good thing, so dietitians agree that capping out at around four of them per day is a decent rule of thumb.

“If you consume any more than this, it may lead to potential digestive upset due to the fiber content, in addition to potential weight gain since clementines can be calorically dense if consumed in excess amounts,” Elysia Cartlidge, RDN, explains.

Those calories can come from sugar, as clementines typically have about 7 grams of sugar each. “Although it’s natural sugar, ingesting excessive amounts of sugar even from natural sources might pose issues for individuals with elevated blood sugar levels or those aiming to prevent spikes in blood sugar,” Cartlidge says.

Another potential risk from eating too many clementines is for your teeth: Clementines and other citrus fruits are highly acidic, Cartlidge notes, which can erode your tooth enamel and eventually may leave your chompers vulnerable to decay and cavities.

One other possible complication, Jackie Newgent, RDN, CDN says, is potential acid reflux, explaining, “If you have gastrointestinal problems, the acid from the fruit may contribute to heartburn and irritation of your esophagus.”

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