

Can orange foods turn your skin orange?

Hypercarotenemia is a clinical condition characterized by yellow pigmentation of the skin caused by high carotene content in blood.

"If you consume a bunch of food that contains a lot of carotene, such as tangerines, carrots, pumpkins, tomatoes and cauliflower, it will ultimately cause skin yellowing," Zhu Yi, associate professor of food science study said.

Used as medicine in traditional Chinese medicine, tangerine pith — the white part of the tangerine — is rich in dietary fiber and can promote digestion. Eating a tangerine with its pith is good for our gastrointestinal health. However, there is no need to eat it alone.

According to the dietary guidelines for Chinese residents, adults are recommended to consume 200-350 grams of fresh fruit a day, which is equivalent to 2 or 3 tangerines. Tangerines are rich in organic acids, so it is best to eat tangerines after meals in order not to hurt the stomach. Experts also recommended eating tangerine slices, rather than squeezing them into juice, which is more conducive to maintaining stable blood sugar.

网传“橘子吃多了会变成小黄人”？专家：是真的！

高胡萝卜素血症是一种因血内胡萝卜素含量过高引起的皮肤黄染症。

“如果吃了不少含胡萝卜素特别多的食品，比如柑橘、胡萝卜、南瓜、番茄、黄花菜等，会引起皮肤黄染。”朱毅教授称。

“橘络在中医里面是入药的，从现代医学的角度上来分析，橘络中含有膳食纤维比较丰富，食用以后就能够促进消化、润肠通便。橘络陪着橘子一起吃下去，对我们肠胃健康是有好处的。但没有必要刻意去吃它。”

根据中国居民膳食指南的推荐，普通成人需每天吃新鲜水果 200-350 克，全部换算为橘子大概是 2、3 个。由于橘子里有机酸含量丰富，最好饭后吃橘子，并且一瓣一瓣地吃下橘子，这比榨成汁喝更有利于血糖平稳。