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Lemon And Limes

Lemons and limes can be very sour. Some types of can be limes are sweet and not sour at all (these types of limes can be very hard to find in the U.S.). Lemon juice has about 45% of the daily vitamin C amount. Lemons and limes can help fight mouth, skin, lung, colon, breast, and stomach cancers.

Lemons are oval in shape and feature a yellow, texturized outer peel. Like other citrus fruits, their inner flesh is encased in eight to ten segments.

Usually smaller than lemons, limes are oval or round in shape having a diameter of one to two inches with green flesh and skin. They can be either sour or sweet depending on the variety; however, sweet limes are not readily available in the United States. Sour limes contain citric acid giving them an acidic and tart taste, while sweet limes lack citric acid and are sweeter in flavor.

[WHFoods: Lemon/Limes](#)

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