

Benefits of Rice Water and Lemon for Weight Loss

Hydration

The primary benefit of rice water and lemon is hydration, which is crucial for overall health and can support weight loss efforts.

Low in Calories

Rice water and lemon juice are both very low in calories, making them a potentially good substitute for higher-calorie beverages.

Vitamin C Boost

Lemons are an excellent source of vitamin C, which supports immune function and may indirectly assist weight loss by enabling more effective workouts.

Possible Appetite Suppression

Some people report feeling fuller after consuming rice water, which could potentially lead to reduced calorie intake.