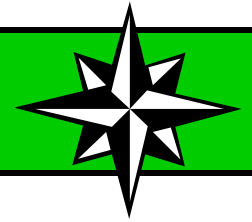


GRAPEFRUIT



To Look for: Both white and pink/red grapefruit should have smooth, firm, blemish-free peel. Look for well-shaped fruit that is heavy for its size.



At Home: To keep grapefruit fresh, refrigerate as soon as possible. Store in refrigerator crisper for up to 6 weeks (best to use within 2 weeks). Peel just before eating.



Your Health: Grapefruit is a “powerhouse” fruit:

- Very Good Source of Vitamin C
- Good Source of Vitamin A
- Very Good Source of Fiber
- Also includes calcium and potassium



Benefits: Eating more fruits, especially high fiber, Vitamin A and C rich fruits, reduces risk of cancer, heart disease and strokes.

- Vitamin C helps your body absorb iron and helps your immune system
- Vitamin A helps maintain vision and keeps your immune system healthy
- Fiber aids digestion and gives a feeling of fullness when eating
- Calcium prevents bone loss and potassium keeps up muscle function.

Nutrition Facts

Serving Size 1/2 medium grapefruit (154g)

Amount Per Serving

Calories	Calories from
60	Fat 0

% Daily Value*

Total Fat 0g	0%
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Saturated Fat 0g	0%
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Cholesterol 0mg	0%
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Sodium 0mg	0%
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Total Carbohydrate 16g	5%
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Dietary Fiber 6g	24%
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Sugars 10g

Protein 1g

Vitamin A	-	Vitamin C
15%		110%

Calcium 2%	-	Iron 0%
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*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Additional Nutrition Information

Potassium 230mg **7%**



Tips to Eat More Grapefruit: A serving of grapefruit is ½ of a medium grapefruit.

- Eat a grapefruit half with a spoon—add a little sugar to enhance sweetness—or eat the wedges like an orange.
- Add segments to green salads—the juice will moisten the greens and add a fresh flavor.
- Grapefruit wedges are also a welcome addition to any variety of fruit salad.
- Make fresh-squeezed grapefruit juice. One medium grapefruit makes 2/3 cup grapefruit juice.
- Add grapefruit sections to other meat or vegetarian dishes—citrus pairs especially well with seafood.
- Try grapefruit for dessert or make a smoothie using grapefruit sections or juice (good for breakfast, a snack, or dessert)



Quick Recipe Ideas:

- For an easy smoothie combine grapefruit juice, strawberries, ice cubes and lemon-lime soda or seltzer in a blender. Add pineapple and/or orange for even more flavor.
- Try squeezing grapefruit juice over a chicken or turkey before roasting. Then place the grapefruit in the cavity and bake as you would otherwise.
- **Grapefruit Broccoli Stir-Fry:** (www.aboutproduce.com).

- 2/3 c. grapefruit juice
- 3 Tbsp. Reduced sodium soy sauce
- 2 tsp. Cornstarch
- 1 tsp. Brown sugar
- ¼ tsp. Crushed red pepper
- 1 small onion, sliced
- 2 c. fresh broccoli florets
- 1 c. mushrooms, sliced
- 1 c. carrots, sliced
- 1 grapefruit, peeled, sectioned and seeded



For One or Two:

To serve two follow same directions using:
2/3 c. grapefruit juice, 1 ½ Tbsp. reduced sodium soy sauce, 1 tsp. cornstarch, ½ tsp. brown sugar, 1/8 tsp. crushed red pepper, ½ small onion, sliced, 1 c. fresh broccoli florets, ½ c. mushrooms, sliced, ½ c. carrots, sliced, ½ grapefruit, peeled, sectioned and sliced, 1 c. prepared rice or noodles. Save the rest for a quick, reheatable meal or divide this recipe by 2 to serve just one.

For sauce, in a bowl stir together grapefruit juice, soy sauce, cornstarch, brown sugar, and crushed red pepper. Set aside. Spray a skillet with non-stick spray. Stir-fry carrots and onion until carrots are partially done. Add broccoli and mushrooms. Stir-fry until vegetables are done. Add sauce to center of skillet and cooked until bubbly and thickened. Stir sauce and vegetables together. Serve with rice or noodles (2 c. total). Garnish with fresh grapefruit wedges.

Makes 4 servings.

Per Serving (stir fry without rice/noodles or meat):
Calories: 100, Total Fat: 1.5 g. (2%), Sodium: 420 mg. (18%), Total Carbohydrate: 23 g., Dietary Fiber: 6 g. (23%), Protein: 4 g., Vitamin A: 200%, Vitamin C: 140%, Calcium: 4%, Iron: 6%.

Modifications: Mix and match vegetables you like. Other vegetables that are good in stir-fry are: green or red peppers, celery, green onions, zucchini, cauliflower, cabbage, snow peas, bean sprouts. Also, sliced meat or seafood can be added (1 lb. to serve 4, ½ lb. to serve 2). Cook before vegetables and then add at end and heat through.

Storage and Freezing: The cooked stir-fry will keep in the fridge for 2-3 days but will not freeze well. Try cutting the vegetables beforehand to make this meal even quicker.



Try this recipe with your family or have your kids help you make it—it can be a good

way to introduce them to grapefruit. Use whatever stir-fry vegetables they will eat.