

ORANGES



To Look for: Choose oranges that are shiny and heavy in the hand. Oranges may exhibit some re-greening of the skin; this does not adversely affect internal fruit quality. Neither does surface scarring, which occurs when wind brushes young fruit against the tree.



At Home: To keep oranges fresh, refrigerate or keep in the crisper for one to two weeks. They may also be stored on the countertop for up to three days.



Your Health: Oranges are a nutrient-rich fruit:

- Very Good source of Vitamin C
- Very Good Source of Fiber
- Also includes Vitamin A, calcium, iron, potassium, and folate



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
- Fiber aids digestion and gives a feeling of fullness when eating
- Vitamin A helps maintain vision and keeps your immune system healthy, calcium prevents bone loss, iron prevents anemia, potassium keeps up muscle function, and folate helps prevent birth defects.

Nutrition Facts

Serving Size 1 medium (154g)

Amount Per Serving

Calories 70 **Calories from Fat** 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 21g **7%**

Dietary Fiber 7g **28%**

Sugars 14g

Protein 1g

Vitamin A 2% - Vitamin C 130%

Calcium 6% - Iron 2%

*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 260mg **7%**

Folate 39mg **10%**

Garden of Eden, Winter



Tips to Eat More Oranges: A serving of oranges is 1 medium, or ½ cup of slices.

- Keep whole oranges on hand for snacking.
- Use an orange peeler for faster peeling.
- Make fruit wedges for your children to snack on by cutting the orange in half then cutting each half into several wedges.
- Have fresh squeezed orange juice at breakfast.
- Use the juice of fresh oranges to prepare beverages, sauces, and salad dressings.
- Cut navel orange segments into flavored low-fat yogurt; try chocolate.
- Toss some navel orange sections on your favorite cereal, or on pancakes and waffles.
- Add segments to green salads—the juice will moisten the greens and add a fresh flavor.
- Orange wedges are also a welcome addition to any variety of fruit salad.
- Add orange sections to other meat or vegetarian dishes—citrus pairs especially well with seafood.



Quick Recipe Ideas:

- Make an easy orange salsa by combining ½ cup diced orange segments, 1 cup diced roma tomatoes, 1Tbsp. diced red onions, 1 tsp. diced jalepeno, 2 Tbsp. minced cilantro, and 1/8 tsp. salt. Gently toss to mix thoroughly and refrigerate until ready to serve.
- **Grape-Orange Shake:**

Ingredients:

- 1 cup red or green grapes, halved & seeded
- 6-8 ice cubes, crushed
- 1 banana
- 1 orange, peeled & quartered
- 1 tsp. honey (optional)

Puree grapes, banana, and orange in blender or food processor, add honey and ice. Blend until well-mixed. Garnish with a handful of grapes.

Makes 2 servings.

Per serving: Calories: 140, Fiber: 4 grams, Vitamin C: 70%.

Source: National Cancer Institute



For One:

Use ½ a cup of red or green grapes, 3-4 ice cubes, 1 banana, 1 orange, and 1 t of honey. Or freeze the leftovers and enjoy later.

Modifications: If you have a citrus allergy, omit the fruits to which you are allergic and substitute fruits of your choice.

Storage and Freezing: This shake is best consumed immediately. If you want to save some for later, just freeze it in a plastic container and re-blend later, using a little water, milk or soy milk.

Kid Friendly

Try this recipe with your family or have your kids help you make it—it can be a good way to introduce them to a new way of eating familiar fruits.