



Citrus Fruits



Nutrition Tips:

Brighten up your body with colorful citrus fruits!

- Provide a day's supply of vitamin C!
- Low in calories.
- Contains fiber, folate and antioxidant-like flavonoids (give the bright color).

How to Pick and Store Citrus:

- Citrus comes in many varieties, and are picked ripe.
- Choose small citrus fruits with thin skin that are firm, heavy in size with no bruises.
- Skin color may not indicate ripeness, avoid wrinkled or discolored peels.
- Store at room temperature for 7-10 days or in the crisper drawer of the refrigerator for up to 2 weeks.

Increase your Citrus Intake:

- Peel and enjoy!
- Try a new citrus.
- Add citrus fruits to salads.
- Make your own popsicles or sorbet.
- Add to meat or seafood entrees for a sweet, tangy flavor.
- Enjoy a glass of 100% citrus juice.



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Citrus Recipes

Featured Recipe: Citrus and Mint Salad

Serves 6

- 1 navel orange, peeled and sectioned
- 1 blood orange, peeled and sectioned
- 2 tangerines, peeled and sectioned
- 2 grapefruit, peeled and sectioned
- 1 tsp. minced fresh mint
- 1 Tbsp. sugar
- 2 Tbsp. white grape juice

Cut citrus sections in half for bite-sized pieces. In a medium bowl, gently stir together all ingredients. Serve chilled.

Per serving: ½ cup: 70 calories, 0 g fat, 1 g protein, 18 g carbohydrate, 2 g fiber, 0 mg sodium

This recipe is a Foot Steps to Health recipe and is 500 Club approved

Vanilla Mint Pear & Grapefruit Salad

Serves 4

- 1 grapefruit
- 2 pears cut into wedges
- ½ cup canned apricot halves, drained
- ½ cup grapes, halved
- ½ cup low-fat vanilla yogurt
- 1 Tbsp. chopped fresh mint

Peel and section the grapefruit, setting aside 1 Tbsp. juice for use in the dressing. Cut grapefruit sections into bite-sized pieces. In a medium bowl, combine grapefruit, pears, apricots and grapes. In a separate bowl, combine yogurt, grapefruit juice and mint until well mixed. Arrange fruit in individual serving bowls and top with a large dollop of dressing. Top with a mint sprig and serve immediately.

Per serving: 140 calories, 1 g fat, 3 g protein, 34 g

For previous nutrition material, recipes and future nutrition kiosks visit:

<http://www.childhoodobesitycoalition.org/>