



EAT HEALTHY, BE NUTRITION-WEALTHY

tangerine

Despite their small size, tangerines are packed with nutrition. One tangerine has only 37 calories and is high in vitamin C.

DID YOU KNOW?



- Florida is the top producer of tangerines in the United States.
- Tangerines are smaller than oranges and have skin that is easier to peel.
- Tangerines are available from September to April, with the peak production time from the end of October to mid-November.
- The skin of a tangerine is usually very easy to peel. Once peeled, the sections will also separate easily.

WELLNESS TIP

Keep moving! Do something whenever you can. You may not have a full hour to devote to exercise, but the few minutes you can find here and there will add up.

SHOPPING, PREPARING AND STORING



- Store tangerines for up to two weeks in the vegetable drawer of the refrigerator.
- Plastic bags or film-wrapped trays should not be used when storing citrus. Citrus needs to breathe so there is no need to store it in an airtight container.

COOKING TIPS



- Tangerines flavor well with honey, yogurt, lettuce, seafood, avocado, ginger, grilled meats and basil.
- Tangerines can be added to almost any meal! Tangerines can be eaten as a snack, added to salads, stir-fries and used in a vinaigrette or marinade when cooking seafood.

TANGERINE BERRY SALAD serves 4

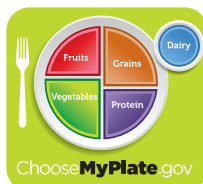
- 1 banana, sliced
- 1/2 cup fat-free plain Greek yogurt
- 2 tangerines, peeled and separated into segments
- 1 cup blackberries
- 1/2 cup blueberries



1. Add banana and yogurt to blender.
2. Cover and blend on high speed or process until smooth.
3. Spoon about 1/4 cup banana mixture on individual serving plates.
4. Top with tangerine slices, blackberries and blueberries.

Recipe adapted from UF/IFAS Extension - Sarasota, University of Florida

Calories: 90; Total Fat: 1 g; Saturated Fat: 0 g; Total Carbohydrates: 19 g; Protein: 4 g; Sodium: 12 mg



CHOOSE MYPLATE!

- Make at least half your plate fruits and vegetables.
- Switch to fat-free or low-fat (1%) dairy.
- Make at least half your grains whole grains.
- Go lean with protein.

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