

GRATIFYING GOODNESS

grapefruit

Grapefruit can help you absorb iron! Eating half of a grapefruit with your morning breakfast cereal will help your body to better absorb the iron from the cereal because of the high concentration of vitamin C in the grapefruit.

DID YOU KNOW?



- Grapefruit is an excellent source of vitamin C and contains fiber and antioxidants.
- A grapefruit is a cross between an orange and a pomelo.
- A normal grapefruit tree produces, on average, 350 pounds of grapefruit in a season. Some older trees have been known to produce up to 1,500 pounds of fruit in one season.
- Florida grapefruit are split into two classifications, white and pink. Each has its own distinct taste.

WELLNESS TIP

Try a new sport, such as softball, soccer, tennis or volleyball. You can find a city league through your local parks and recreation department.

SHOPPING, PREPARING AND STORING



- Grapefruit is usually picked tree ripe, and they are ready to be eaten once purchased.
- Look for firm yet springy fruits, and as with most citrus, find the fruit that is heavy for its size.
- Scratches or imperfections will not affect how the fruit tastes; however, try to avoid the ones that have water-soaked skin, lack of color or soft spots.

COOKING TIPS



- Grapefruit flavors well with honey, mint, orange, berries and rosemary.
- Grapefruits can be eaten raw, juiced, added to salads and desserts or sliced and grilled to use as a side dish to an entrée.

CITRUS MANGO SALSA

serves 6

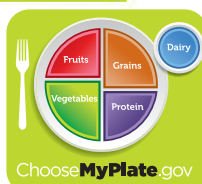
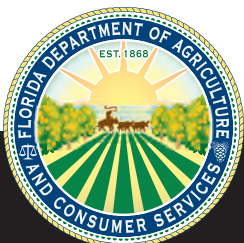
- 1 cup pink grapefruit sections
- 1 cup orange sections
- 2 cups mango cubes
- 1 medium red onion, finely diced
- 1 tablespoon fresh cilantro, chopped
- 1 tablespoon mint, chopped



1. Combine all ingredients in a medium bowl.
2. Mix well and set aside to let flavors blend.
3. Serve over fish, chicken or pork.

Recipe adapted from Chef Justin Timineri, C.E.C.,
Florida Department of Agriculture and Consumer Services

Calories: 69; Total Fat: 0.5 g; Saturated Fat: 0 g;
Total Carbohydrates: 17 g; Protein: 1 g; Sodium: 2 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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