



TASTE OF THE

SEASON...

O R A N G E

Fun Facts



- Navel oranges are named that because of the belly-button formation opposite the stem end.
- Oranges are highly valued for their vitamin C content.
- The bigger the navel in an orange, the sweeter it will be.
- Christopher Columbus brought the first orange seeds and seedlings to the New World on his second voyage in 1493.
- After chocolate and vanilla, orange is the world's favorite flavor.
- You will have to eat 7 cups of cornflakes to get the same amount of fiber you would get from one medium orange!
- Eat oranges and stay young!

Storage Tips:

Store oranges at room temperature for 1-2 days. Refrigerate for 1-2 weeks.



Citrus Yogurt Sundae 6 servings

- 1 tsp. freshly grated orange peel
- 1 tsp. freshly grated grapefruit peel
- 2 Sunkist® grapefruit, peeled and sectioned
- 2 oranges, peeled and cut into half-cartwheel slices
- 2 bananas, sliced
- 1 cup blueberries, strawberries, raspberries, or seedless grapes
- 1 tsp. sugar
- ¼ tsp. ground cinnamon

Combine the yogurt, orange and grapefruit peels; cover and chill.

In a large bowl, combine all the remaining ingredients; cover and chill.

To serve, spoon fruit mixture into individual dessert dishes and top with the yogurt.

Purchasing Oranges:

Choose oranges with firm, smooth skins, heavy for size.



Make Oranges Part of Your 5 A Day Plan—

- ❖ Drink a cool glass of orange juice for breakfast or serve orange halves instead of grapefruit for a change.
- ❖ Combine the juice with other fruits and yogurt in the blender for a smoothie any time of day.
- ❖ A couple of tablespoons of orange juice concentrate can be added to a fruit cup for a great flavorful sauce.
- ❖ Cut oranges into wedges and them for a light snack or use them as edible garnishes.
- ❖ Buy a zesting tool or grate orange rind to use in recipes, rice, or stir fry for added flavor.
- ❖ Carry an orange with you wherever you go—they come with their own covered container so you can just peel and eat orange segments whenever the snack craze occurs.

Nutrition Facts

Serving Size 1 medium orange (154g)

Amount Per Serving	Calories from Fat 0	
	% Daily Value*	
Total Fat 0g		0%
Saturated Fat 0g		0%
Trans Fat 0g		0%
Cholesterol 0mg		0%
Sodium 0mg		0%
Total Carbohydrate 19g		6%
Dietary Fiber 3g		12%
Sugars 14g		

Protein 1g

Vitamin A 2% Vitamin C 130%
Calcium 8% Iron 0%

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

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4

Oranges are high in antioxidants, which neutralize the effects of free radicals, unstable oxygen molecules in your body, believed to cause aging and some diseases.