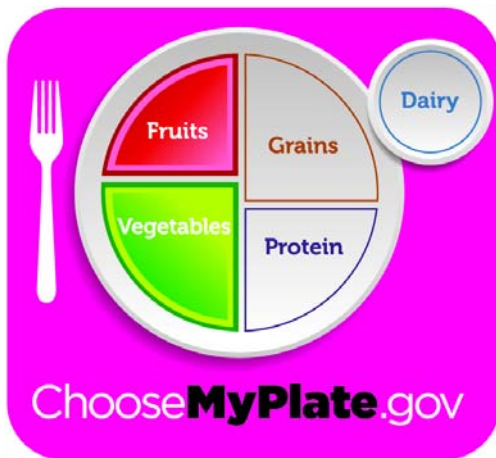


# CITRINES®



Today you will be offered a citrine®. Citrines® are part of the citrus family. They are a cross between a clementine, a tangerine and a mandarin orange. Citrines® are larger, sweeter and they peel more easily than other citrus fruits. They are a healthy snack and give you energy to play hard!

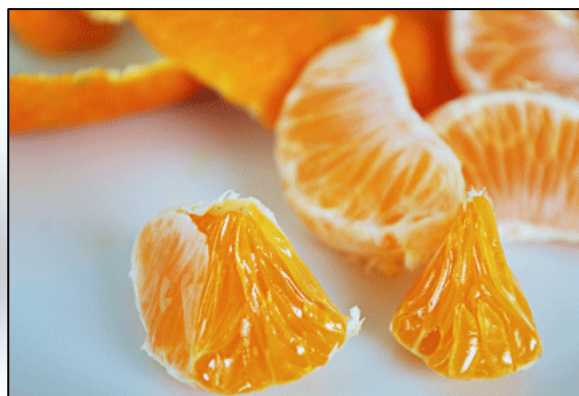


**FUN FACTS:** The white portion under the skin of a citrus fruit is called “albedo”. It is full of fiber and Vitamin C!

**BODY BENEFITS:** All citrus fruits have Vitamin C, which keeps your body healthy so you can grow strong!

Citrines® are part of the **red Fruits** section on *MyPlate*.

Remember to make at least half your plate fruits and vegetables!



University of Nevada  
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