

Grapefruit

Today you will be offered Texas Rio Red grapefruit. Grapefruit grow on trees in states with warm climates, like Texas, California and Arizona. Grapefruit are green on the outside, but turn orange-yellow when they are ready to be picked and eaten. Texas Rio Red grapefruit have a more reddish peel and brighter red flesh. Eat grapefruit the same way you eat an orange.



Fun Fact: Grapefruit gets its name from how it grows on the tree, clustered like bunches of grapes.

Body Benefits: Grapefruit is a super source of Vitamin C to help you grow up strong and be healthy!

Grapefruit and grapes belong to the **red Fruits** section on *MyPlate*.



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