



*rich in vitamin C...
low in calories...
good source of
potassium...*

PICK OF THE CROP ORANGES



A medium orange supplies all the vitamin C you need for an entire day. Oranges, as well as other citrus fruits, are high in pectin, a type of fiber. Choose orange with firm, smooth skins which feel heavy for their size. This is a sign that the orange is juicy.

Did You Know?

- Oranges were mentioned in Chinese writings as early as 2000 B.C. By 1178, A Chinese horticulturist described numerous varieties of oranges growing in one region, including seedless fruit.
- The history of the orange goes back so far that some experts believe that the apple eaten by Eve in the Garden of Eden was really an orange.
- On his second voyage, Columbus brought orange seeds from the Canary Islands to the New World.

SUNSHINE SANDWICH

Peel and cut a seedless orange into slices. Spread a little mayonnaise on two slices of bread. Place 2-3 slices of turkey on one slice of bread. Top turkey with orange slices and cover with the other slice of bread. Oranges add a tasty zing to an otherwise ordinary sandwich.

ORANGE-BANANA SHAKE

Blend 1 cup of orange juice, one banana (peeled), one orange (peeled and quartered) and 1 teaspoon of honey in the blender. Add six ice cubes, one at a time, blending well after each one. Makes enough for you and a friend.



*Oranges are
easy to peel*



*Fresh orange
"smiles"
are a nutritious
addition to any
meal or snack*

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WHAT COUNTS AS A CUP OF FRUIT?

In general, 1 cup of fruit or 100 percent fruit juice, or 1/2 cup of dried fruit can be considered as 1 cup from the fruit group. For an orange, 1 large orange counts as 1 cup of fruit.

Fruit-flavored yogurts, fruit roll-ups, fruit-flavored drinks and fruit-flavored snacks don't count as fruit, since most contain little or no fruit.

