



<https://pixabay.com/en/orange-apple-fruit-health-1792233/>



Source: <https://pixabay.com/en/grapefruit-fruit-red-sweet-1647688/>

### Did You Know?

Grapefruit is a member of the citrus family. Grapefruit originated in the West Indies in the early 1700s and was first introduced to Florida in the 1820s. There are three major varieties of grapefruit: white, pink/red, and star ruby/rio red. In the United States, about 80% of grapefruits are grown in Florida, however they are also grown in Texas, California, and Arizona.

**Question: Can you name other types of citrus?**

**Answer: Orange, Tangerine, Kumquat, Lemon, Lime**

Source: <https://lancaster.unl.edu/nep/FruitVeg16.pdf>



<https://pixabay.com/en/cereal-fiber-breakfast-grapefruit-1543190/>



<https://pixabay.com/en/zucchini-noodles-healthy-diet-1970375/>

### Ways To Enjoy Grapefruit

- ◆ Toss into a salad
- ◆ Enjoy raw
- ◆ Turn into a juice or smoothie
  - ◆ Grill or bake
- ◆ Zest the peel to add flavor to a dish



<https://pixabay.com/en/smoothies-fruits-colorful-vitamins-2253423/>

Source: <http://eatfresh.org/discover-foods/citrus>

### Selecting & Storing

#### Look for:

- ◆ Choose citrus fruits that are firm and feel heavy for their size
- ◆ Slightly reddish in color

#### Avoid:

- ◆ Soft spots, bumps, and noticeable pores

#### Storage:

- ◆ Store oranges at room temperature for 5-7
- ◆ Refrigerate for up to 3 weeks

Source: <http://eatfresh.org/discover-foods/citrus>



<https://pixabay.com/en/fruit-produce-food-organic-natural-2375141/>

### Nutritional Benefits

- ◆ Low in Calories, Cholesterol, and Fat
  - ◆ Excellent source of Vitamin A and Vitamin C
- \* Amount based on 1/2 fruit (123 grams, 3-3/4" diameter)



<https://pixabay.com/en/grapefruit-garden-tree-leaves-2119908/>

Source: <https://ndb.nal.usda.gov/ndb/foods/show/2223?fgcd=&manu=&facet=&format=&count=&max=50&offset=&sort=default&order=asc&qlookup=grapefruit&ds=Standard+Reference&qt=&qp=&qq=&qn=&q=&ing=>