



IMMUNITY BOOSTER

orange

Oranges are an excellent source of immune-boosting vitamin C. In fact, one medium orange provides more than 100 percent of the recommended dietary allowance for children and 70 percent for adults. Eating more fruit like oranges can reduce your risk of high blood pressure, heart disease and stroke.

DID YOU KNOW?



- Florida designated the orange as its official state fruit, orange juice as the state beverage and the orange blossom as its state flower.
- Oranges are high in antioxidants that neutralize the effects of free radicals. Free radicals are believed to contribute to aging and some diseases.
- Navel oranges were named because of the belly-button formation opposite the stem end.

WELLNESS TIP

Did you know? Stretching after a workout can help improve your range of motion.

SHOPPING, PREPARING AND STORING



- Choose a fruit that is firm and heavy for its size. The skin should be fairly smooth and it may have slight greening or a rough brown patch, which will not affect the quality of the orange.
- Florida oranges will last longer when refrigerated.

COOKING TIPS



- For easier peeling, place an orange in boiling water for 30 seconds, remove from the heat and allow it to cool before peeling.
- Add oranges to your favorite dish! Oranges flavor well with basil, chocolate, cinnamon, ginger, mangoes, olives, pecans, strawberries and vanilla.

FLORIDA WATER

serves 16

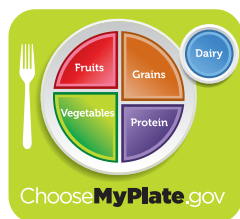
- 1 orange, cut into 1/4-inch slices
- 1 cucumber, cut into 1/4-inch slices
- 2 lemons, cut into 1/4-inch slices
- 1 gallon water



1. Mix all ingredients. Refrigerate overnight.
2. Serve in tall glasses with ice, if desired.

Calories: 6; Total Fat: 0 g; Saturated Fat: 0 g;
Total Carbohydrates: 2 g; Protein: 0 g; Sodium: 0 mg

Recipe provided by Chef Justin Timineri, C.E.C.,
Florida Department of Agriculture and Consumer Services



CHOOSE MYPLATE!

- Make at least half your plate fruits and vegetables.
- Switch to fat-free or low-fat (1%) dairy.
- Make at least half your grains whole grains.
- Go lean with protein.

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