



GRATIFYING GOODNESS

grapefruit

Grapefruit can help you absorb iron! Eating half of a grapefruit with your morning breakfast cereal will help your body to better absorb the iron from the cereal because of the high concentration of vitamin C in the grapefruit.

Grapefruit is an excellent source of vitamin C and contains fiber and antioxidants. Just half of a grapefruit supplies more than 100 percent of the recommended dietary allowance for children and more than 50 percent for adults. Adding more fruits and vegetables like grapefruit to your diet can help lower high blood pressure.

Did you know?

- A grapefruit is a cross between an orange and a pomelo.
- A normal grapefruit tree produces, on average, 350 pounds of grapefruit in a season. Some older trees have been known to produce up to 1500 pounds of fruit in one season.
- Florida grapefruit are split into two classifications, white and pink. Each has its own distinct taste.

The name grapefruit is derived from how it grows on the tree, clustered like bunches of grapes.

Shopping, Preparing and Storing

- Grapefruit is usually picked tree-ripe, and they are ready to be eaten once purchased.
- Look for firm yet springy fruits, and as with most citrus, find the fruit that is heavy for its size.
- Scratches or imperfections will not affect how the fruit tastes; however, try to avoid the ones that have water-soaked skin, lack of color or soft spots.

Cooking Tips

- Grapefruit flavors well with honey, mint, orange, berries and rosemary.
- Grapefruits can be eaten raw, juiced, added to salads and desserts or sliced and grilled to use as a side dish to an entrée.

CITRUS MANGO SALSA

- 1 cup pink grapefruit sections
- 1 cup orange sections
- 1 cup papaya cubes
- 1 star fruit, diced
- 1 cup mango cubes
- 1 medium red onion, finely diced
- 1 tablespoon fresh cilantro, chopped
- 1 tablespoon mint, chopped
- 2 tablespoons orange liqueur (optional)



1. Combine all ingredients in a medium bowl. Mix well and set aside to let flavors blend.



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FRUITS

Make most of your choices whole or cut fruit instead of juice.

VEGETABLES

Eat a variety every day. Fresh, canned or frozen.

GRAINS

Make at least half of your grains whole grains.

DAIRY

For adults and children 2 years and older, drink 1 percent low-fat or fat-free milk.

PROTEIN

Choose lean meat, poultry without the skin, seafood, beans and peas, eggs, processed soy or nuts.