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NUTRITION AND YOU...ORANGES

FOOD FOR THOUGHT

Did you know that oranges are really a type of berry? There are four different varieties of oranges: the sweet orange, the sour orange, the mandarin orange, and the tangerine. Try one today!

SHOP SMART

Oranges and mandarin oranges are available in supermarkets year-round. Look for fruit that is firm and heavy for its size, and has skin that is bright and colorful. Oranges may be ripe even though they have green areas. Avoid fruit with bruised, wrinkled, or discolored skin; this may indicate that the fruit is old or has been stored incorrectly.

EAT HEALTHY

Oranges are:

- An excellent source of Vitamin C
- A good source of dietary fiber (whole fruit)

Note: 1 large orange (3-1/16" diameter) or 1 cup of orange sections provides 1 cup of your daily fruit requirement.

KEEP IT SAFE

These food safety tips will help protect you and your family:

- Wash hands for 20 seconds with warm water and soap before and after preparing food.
- Wash oranges under running water before eating or cutting them.
- Oranges can be stored at room temperature, or in the refrigerator without plastic bags for up to 2 weeks.
- Keep mandarin oranges in the refrigerator: they only stay fresh for a few days.
- Consume fresh-squeezed juice right away or refrigerate immediately after squeezing.
- If you are going to keep fresh-squeezed juice for several days heat to boiling, cool, and refrigerate.
- Whole citrus fruits do not freeze well.



Your Local Story here:

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THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

COLLEGE OF EDUCATION AND
HUMAN ECOLOGY

FAMILY AND CONSUMER SCIENCES

RECIPE

Sunshine Salad.

Ingredients:

5 cups packed spinach leaves, washed and dried
½ thinly sliced red onion
½ sliced or chopped red pepper
1 sliced or chopped cucumber
2 peeled, chopped oranges
1/3 cup “lite” vinaigrette dressing (around 15 calories per tbsp. or less)

Instructions:

1. Toss all ingredients together in a large bowl.
2. Add dressing and toss again. Serve immediately.

Nutrition Facts – Sunshine Salad

Cost: Per Recipe: \$ 2.95 Per Serving: \$ 0.59
Serving Size: 1/5 of recipe (193 grams)
Calories: 70 Calories from Fat: 5

Per Serving	% Daily Value*
Total Fat – 0 g	0%
Saturated Fat – 0 g	0%
Dietary Fiber – 3 g	12%
Sodium – 180 mg	8%
Sugars – 9 g	
Protein – 2 g	

*Percent daily value
Based on a 2,000
calorie diet. Your
daily values may
be higher or lower
depending on your
caloric needs.

FOCUS ON FITNESS

Establish a routine. Set aside time each day for physical activity – walk, jog, skate, cycle, or swim.

REMEMBER:

Vary your fruit choices. Fruits of different colors provide different vitamins, minerals, and other nutrients. When you eat a “rainbow” of fruits, you are eating healthier.



REFERENCES

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- Centers for Disease Control and Prevention
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- United States Department of Agriculture, SNAP-Ed Connection

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