



# Oranges



## Oranges and other citrus fruits are great to just peel and eat!

Citrus fruits are high in vitamin C which helps our bodies stay healthy and not get sick. Vitamin C also helps heal cuts and bruises. Oranges are also a good source of folate which helps children grow. Enjoy other types of citrus fruits like lemons, limes, grapefruit, clementines, and tangerines!

## Storage Tip

- 1 Store citrus fruit on counter-tops for 1–2 days, then refrigerate up to 2 weeks.
- 2 You can store cut citrus fruit in plastic bags or containers for up to 2 days.



Drop a **slice** of any citrus fruit into tap water or seltzer water for a healthy, refreshing drink.

## How to Add Citrus Fruit to Meals

- 1 Add sliced oranges or grapefruit to salads for fresh flavor.
- 2 Try mixing canned mandarin oranges (in 100% fruit juice) with canned pineapple and sliced grapes for an easy fruit salad.
- 3 Oranges and grapefruit add color to your morning yogurt, granola, or hot oatmeal.
- 4 Add segments of oranges, lemons, or limes into store bought salsa to add some tropical flavor to your “chips and salsa.”
- 5 Mix plain yogurt with a splash of vanilla extract and top with orange slices for a sweet treat.

## How to Pick 'Em

- Choose citrus fruit with bright, smooth, and firm skin.
- Citrus fruits should feel heavy for their size.
- Avoid fruit with bruised, wrinkled, or discolored skin.
- Oranges with thin skin tend to be juicier than those with thick skins.

### Pick a better snack™



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This institution is an equal opportunity provider. Maine SNAP-Ed is funded by the USDA's Supplemental Nutrition Assistance Program, or SNAP, which is administered by the Maine Department of Health and Human Services (DHHS) and implemented statewide by the University of New England (UNE) through contracts with local community organizations. Maine SNAP-Ed educates low-income families on low cost, healthy eating and active lifestyles. Contact [mainesnaped@une.edu](mailto:mainesnaped@une.edu) or 207-221-4560 for more information.

Materials were adapted, with permission, from the Iowa Department of Public Health. Pick a better snack™ materials were created with funding from USDA's Supplemental Nutrition Assistance Program—SNAP.



# Grapefruit

The outer peel is usually glossy yellow—sometimes blushed with pink. The fruit within is segmented, ranging in color from white to ruby red (usually 11–14 segments). Do not eat the peel or seeds.



**Grapefruits grow in clusters (like grapes) on trees.**

## Varieties

There are three major varieties of grapefruit: **white, pink/red, and star ruby/rio red**. All grapefruits have a similar tangy-sweet flavor and are very juicy. The pink and red varieties contain more vitamins than the white grapefruit varieties. Some grapefruits have seeds, and some are seedless.

## Uses

Grapefruit can be eaten raw or cooked. Eat raw for breakfast or add segments to a salad. Cut in half to grill it or bake it in the oven to give it a sweeter flavor. Drink grapefruit juice plain or enjoy in a smoothie.

## Nutrition Facts:

- Fat free
- Cholesterol free
- Sodium free
- Good source of vitamin C
- High in potassium

# Lemon

## Selection

Choose bright yellow lemons with firm, smooth skin and heavy for their size.

## Storage

Store unwashed lemons at room temperature for up to 2 weeks or in a resealable plastic bag in the refrigerator for up to 6 weeks. Leftover lemon juice can be frozen and used later.

## Uses

If juicing a lemon, leave at room temperature. To get the most juice out of the lemon, roll between the palm of your hand and the counter-top before cutting.

6 medium lemons = 1 cup of lemon juice  
1 medium lemon = 3 tablespoons of juice

# Lime

## Selection

Choose limes with smooth skin and heavy for their size.

## Storage

Refrigerate limes for up to 2 weeks. Leftover lime juice can be frozen and used later.

## Uses

Cut limes into slices and squeeze the juice onto tacos or into home-made guacamole. You can also add lime juice to your water for added flavor and health benefits.



Lemons and limes can be sold **individually** or **by the pound**. If sold per pound, weigh produce to find out exactly how much it will cost.

**Rinse lemons and limes before preparing.**

## Nutrition Facts:

- Fat free
- Cholesterol free
- Sodium free
- Rich in vitamin C