

GRAPEFRUIT



DIFFERENT USES

- Grapefruit is a great breakfast food to jumpstart your day
- Can be used to make jams or jellies
- You can use the leftover rinds to make grapefruit peel tea
- Can be used as a garnish for salad for extra citrus flavor
- Can be broiled for a sweet treat
- Try adding grapefruit to your smoothie

Nutrition Facts

Serving Size 1/2 medium grapefruit

Calories 60	% Daily Value
Total Fat 0g	0%
Sodium 0mg	0%
Total Carbohydrate 15g	5%
Dietary Fiber 2g	8%
Protein 1g	

Health Benefits

- Helps maintain a healthy weight due to its low calorie count, high fiber and water content.
- A serving of grapefruit provides 100% of daily vitamin C needs
- Grapefruit helps in cancer prevention
- Rich source of flavonoids which aid in lower cholesterol levels

FUN FACT

- Half of a grapefruit contains the total amount of vitamin C your body needs in one day.
- Florida produces the most grapefruit in the world—around 2 million tons a year.
- It is believed that the name grapefruit came from how it grows on the tree, clustered like bunches of grapes.
- Red grapefruit is considered to be the healthiest variety of grapefruit because it is high in antioxidants.

