

ORANGE



DIFFERENT USES

- Fresh squeezed orange juice—so refreshing!
- Tuck them into a chicken wrap with warm vegetables.
- Add to a spinach salad with ripe strawberries and walnuts.
- Toss sliced oranges into creamy chicken or tuna salad.
- Brighten up your lunch with a colorful fruit salad.

Nutrition Facts

Serving Size 1 medium orange (154g)

Calories 80g	% Daily Value
Total Fat 0g	0%
Sodium 0mg	0%
Total Carbohydrate 19g	6%
Dietary Fiber 3g	12%

Protein 1g

Health Benefits

- Gain strong teeth and bones from the calcium.
- Oranges provide the vitamin B6 which helps the brain function.
- They also have riboflavin which aids in turning that B6 into a form the body can use.

FUN FACT

- Navel oranges are named because of the belly-button formation opposite the stem. The bigger the navel, the sweeter it is.
- The tree can grow to reach 30 ft and live for over a 100 years.
- When growing in hot countries, oranges will not turn orange but will stay green; however the taste will be the same.
- After chocolate and vanilla, orange is the worlds favorite flavor.