



IMMUNITY BOOSTER

orange

Add oranges to your favorite dish! Oranges flavor well with basil, chocolate, cinnamon, ginger, mangoes, olives, pecans, strawberries and vanilla.

Oranges are an excellent source of immune-boosting vitamin C. In fact, one medium orange provides more than 100 percent of the recommended dietary allowance for children and 70 percent for adults. Eating more fruit like oranges can reduce your risk of high blood pressure, heart disease and stroke.

Did you know?

- Florida designated the orange as its official state fruit, orange juice as the state beverage and the orange blossom as its state flower.
- Oranges are high in antioxidants that neutralize the effects of free radicals. Free radicals are believed to contribute to aging and some diseases.
- Navel oranges were named because of the belly-button formation opposite the stem end. The bigger the navel is on an orange, the sweeter it will be.
- Florida grows a variety of oranges, but the most popular are Navel, Hamlin, Pineapple, Ambersweet and Valencia.

Shopping, Preparing and Storing

- When removing the zest from an orange, care should be taken not to remove the white pith along with it.
- Florida oranges will last longer when refrigerated.
- Choose a fruit that is firm and heavy for its size. The skin should be fairly smooth and it may have slight greening or a rough brown patch, which will not affect the quality of the orange.

Cooking Tips

- If you are juicing oranges, both heat and pressure will help release the juice, so roll the orange on a hard surface.
- To make the peel come off easily, place the oranges in boiling water for 30 seconds, remove from the heat and allow them to cool before peeling.

ORANGE AND AVOCADO SALAD

- 8 cups mixed salad greens
- 2 large oranges, peeled, segmented
- 1 avocado, diced
- ¼ cup red onion, cut into slivers
- ½ cup of your favorite vinaigrette (cilantro-lime is recommended)



1. Add the salad greens, oranges, avocado and onion to a large bowl.
2. Drizzle vinaigrette over salad, and toss to combine. Enjoy!



www.livinghealthyinfl.com



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.