



Good Nutrition is always in Season



Start FRESH. Start YOUNG.

When it comes to good nutrition, getting off to the right start can impact how you look and feel from childhood to your senior years. That's why it's important to develop healthy eating habits early like eating plenty of fresh Sunkist® citrus fruits.



A lifetime of healthy eating begins at an early age. By simply consuming an orange a day, kids and adults of all ages can guarantee they get more than 100% of the daily recommended vitamin C needed to help maintain a strong, healthy immune system, and help promote strong muscles, bones and teeth. And since vitamin C must be replenished in our bodies every day, you can treat yourself to the delicious taste of oranges, lemons and grapefruit while meeting that vital need.

ARE YOU FILLING HALF YOUR PLATE WITH FRUITS & VEGGIES?

In the 2010 Dietary Guidelines for Americans, one message rings loud and clear: Americans need to consume more fruits and vegetables. In fact, the new Guidelines recommend that we fill half of our plates with fruits and vegetables at every meal, primarily for three main reasons:

- Fruits and vegetables provide many of the nutrients that are under-consumed in the U.S., including folate, magnesium, potassium, dietary fiber, and vitamins A, C, and K.
- Fruit and vegetable consumption is associated with reduced risk of many chronic diseases, including cardiovascular disease, heart attack and stroke. Some vegetables and fruits may also be protective against certain types of cancer.
- Most fruits and vegetables are low in calories -- choosing them instead of high-calorie foods can help adults and kids achieve and maintain a healthy weight.



Bursting WITH Healthy Goodness.

Researchers from around the world agree that citrus fruits are brimming with beneficial antioxidants and essential nutrients that help support good health.

- Heart Health: Flavonoids in fruits like grapefruit may protect the heart by reducing inflammation in the arteries.
- Diabetes: Oranges, lemons and grapefruit are listed as "Nutrition Superstars" in the Diabetes Food & Nutrition Bible by the American Diabetes Association.
- Cancer: According to the American Institute of Cancer Research, Americans can lower their cancer risk by eating just 5 servings of fruits and vegetables per day.
- Cold and Flu: Citrus fruits may help keep the body's immune system in optimal condition during the cold and flu season.

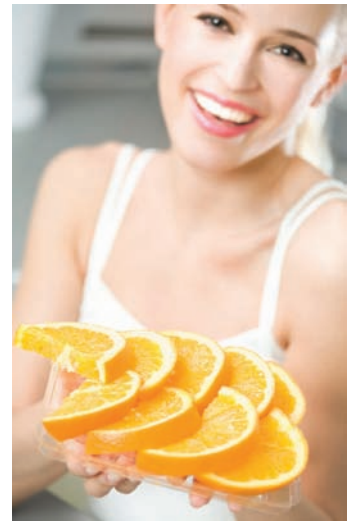
Go to www.Sunkist.com to learn more.



Oranges: A Sweet Burst of Sunshine

Peel open an orange and you're instantly captivated by the irresistible scent as you prepare for a sweet, juicy bite. Here are a few more reasons to make oranges your snack of choice:

- One orange provides all the vitamin C an average person needs each day.
- Oranges are fat-free, sodium-free and cholesterol-free.
- At only 80 calories, oranges are a nutritiously filling snack thanks to their fiber and water content.
- Oranges provide beneficial phytonutrients like flavanones and limonoids, currently being studied for their ability to maintain a healthy immune system.
- There are different varieties of oranges available throughout the year, including Navel, Valencia, Cara Cara, Moro, Blood Oranges and more. For details go to www.Sunkist.com.



Grapefruit: Refreshingly Healthy, Unmistakenly Unique



Fresh, tangy and delicious, grapefruit are the largest citrus and offer larger-than-life flavor and benefits.

- Nutrient-packed grapefruit are available year-round.
- Grapefruit are an excellent source of vitamin C and are also known to help curb appetites.
- Grapefruit contain beneficial antioxidants that help support heart health.
- Red and pink grapefruit offer additional antioxidant benefits in the form of lycopene, a phytonutrient associated with many health benefits.

Healthier Eating with Sunkist® Citrus			
All Daily Value figures according to FDA guidelines			
	Orange	Grapefruit	Lemon
VITAMIN C	130% DV Excellent Source	100% DV Excellent Source	40% DV Excellent Source
FIBER	12% DV (3g) Good Source	8% DV (2g)	8% DV (2g)
FOLATE	10% DV Good Source	6% DV	2% DV
POTASSIUM	7% DV (250 mg)	5% DV (260 mg)	2% DV (75 mg)

Lemons: Tart & Tantalizing

Juiced, segmented or zested, lemons add tang and flavor to anything they touch.

- Just 1 oz. (2 tablespoons) of fresh lemon juice contains 20% of your vitamin C!
- Lemons are fat-free, cholesterol-free, sodium-free and low calorie.



Sunkist Lemon Parmesan Tilapia

LOOKING FOR A JUICY WEIGHT LOSS TIP?

Citrus fruits may be best known as an excellent source of vitamin C, but did you know they're also an effective weight-loss weapon? It's true! Citrus fruits are not only delicious and satisfying, they also contain fiber and water, which help increase the feeling of fullness. Plus, they have a low glycemic load, which helps keep blood sugar levels more constant for better appetite control.



Tips to Add a Healthy Boost to Your Day

Beverages

- Add fresh lemon juice to tea to help increase the absorption of antioxidants.
- Peel and add oranges or lemons to water and allow to sit overnight for delicious citrus-infused water.
- At restaurants, instead of ordering a soda, ask for water with lemons or limes—it's healthier and free!

Breakfast

- Opt for an orange instead of juice for breakfast and enjoy the great taste, plus the fiber in the whole fruit.
- Eat half a grapefruit each morning with your breakfast. Sprinkle a sugar-free sweetener on top depending on your taste preference.

Snacks

- Mix things up by snacking on special Sunkist citrus varieties like pummelos, mandarins and tangerines.

Meal Time

- With their sweet and tangy taste and wonderful versatility, citrus fruits can be used in recipes from breakfast to appetizers to main dishes. Go to www.Sunkist.com for a myriad of delicious, healthy recipes.

Healthy Recipe: Citrus-Yogurt Sundae

Ingredients: (Makes 6 servings)

- 1 tsp. freshly grated Sunkist® orange peel
- 1 tsp. freshly grated Sunkist® grapefruit peel
- 2 Sunkist® grapefruit, peeled and sectioned
- 2 Sunkist® oranges, peeled and cut into half-cartwheel slices
- 2 bananas, sliced
- 1 cup blueberries, strawberries, raspberries, or seedless grapes
- 8 oz. lowfat vanilla yogurt
- 1 tsp. sugar
- ¼ tsp. ground cinnamon

Instructions: Combine the yogurt, orange and grapefruit peels; cover and chill. In a large bowl, combine all the remaining ingredients; cover and chill. To serve, spoon fruit mixture into individual dessert dishes and top with the yogurt.

Nutrition Information (per serving): Calories: 151, total fat: 0.9g, saturated fat: 0.4g, % calories from fat: 5%, % calories from saturated fat: 2%, protein: 4g, carbohydrates: 35g, cholesterol: 2mg, dietary fiber: 5g, sodium: 26mg



