

So many ways to enjoy the nutrition and beauty benefits of the

# MODERN GRAPEFRUIT



*a cooperative of family farms since 1893™*

[sunkist.com](http://sunkist.com)



Sunkist is a registered trademark of Sunkist Growers Inc., USA. © 2015

# Not Your Mother's GRAPEFRUIT

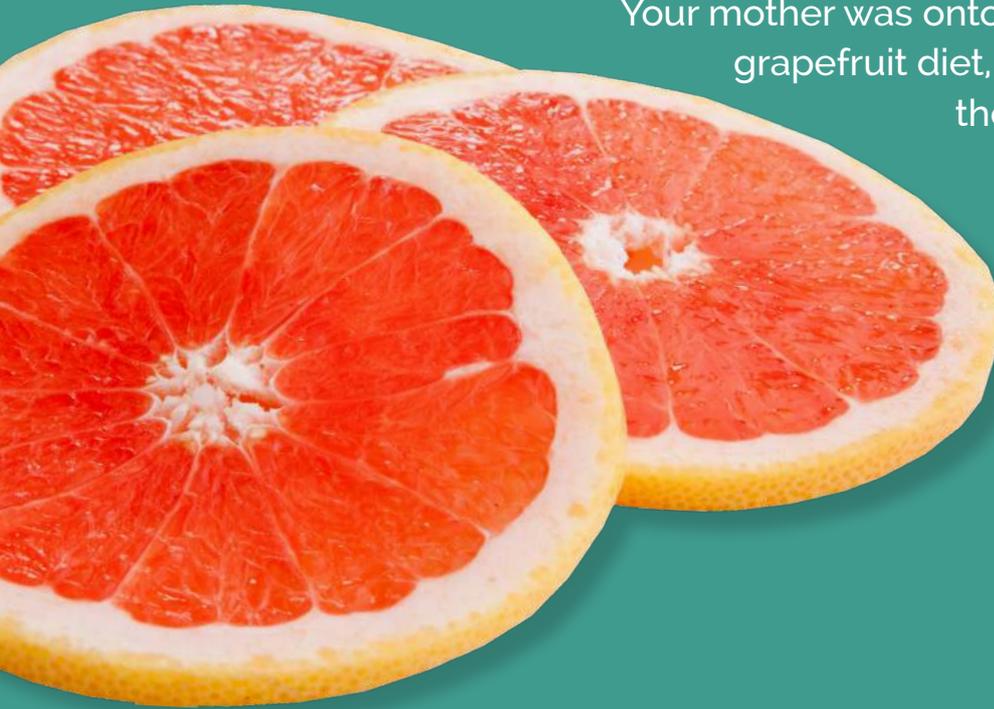


The Health and Beauty of the Modern Grapefruit



# Introducing the MODERN GRAPEFRUIT

Your mother was onto something back in the day with her grapefruit diet, but what she may not have realized then was that grapefruit is more than just a diet, **it's a better body fruit.**



.....

Half a grapefruit has **only**  
**60 Calories**

.....

## **Check Out** the benefits of grapefruit:

- ✓ Plays a supporting role in a healthy weight loss diet
- ✓ Provides antioxidants, vitamins and minerals
- ✓ Promotes heart health
- ✓ May reduce the risk of certain cancers
- ✓ Promotes healthy skin

## **Say YES to grapefruit!**

Grapefruit's unique balance of sweetness and tang make them hard to resist. Since grapefruit contains no fat, cholesterol or sodium and are rich in vitamins A and C, there's no reason to say no.

NOTE: Some prescription drugs may interact with many foods including grapefruit. Anyone with questions about how their medication might interact with their diet should talk to their doctor or pharmacist for more information. For the majority of Americans, there is no reason to stop enjoying the delicious, healthy benefits of grapefruit.

# ½ a grapefruit with each meal

A 12-week study on the “Grapefruit Diet” found that overweight participants who ate half a grapefruit with each meal lost an average of 3.5 pounds.<sup>1</sup>

Also, research supports that women 19 and older who eat grapefruit tend to have significantly lower intakes of sugars and fats, lower body weight and smaller waist circumference than those who do not consume grapefruit.<sup>2</sup>

## Make grapefruit your go-to fruit!

Your mom may have eaten them plain, but nowadays there are a multitude of ways to add grapefruit to your daily diet.

- A grapefruit half sprinkled with brown sugar and heated under the broiler until bubbly makes a great breakfast treat.
- Dip fresh segments into flavored yogurt for a healthy anytime snack.
- Freshen up your favorite salad by topping it with grapefruit segments.
- Add grapefruit wedges to your favorite smoothie.

### Juicy fact:

The fiber and water content in grapefruit provide a greater feeling of fullness resulting in stronger appetite control.

1. Fujioka K, Greenway F, Sheard J, Ying Y. The effects of grapefruit on weight and insulin resistance: relationship to the metabolic syndrome. *J Med Food*. 2006 Spring;9(1):49-54.

2. Murphy MM, Barraj LM, Rampsaud GC. Consumption of grapefruit is associated with higher nutrient intakes and diet quality among adults, and more favorable anthropometrics in women, NHANES 2003-2008. *Food Nutr Res*. 2014 May 8;58. doi: 10.3402/fnr.v58.22179. eCollection 2014

# Looks like MOM DOES KNOW BEST

Your mom loved it for its fat-fighting abilities, and new research reaffirms what she preached.

## On your way to a SMALLER WAIST with grapefruit

Research also shows the benefits of not just eating the whole fruit, but fresh-squeezed grapefruit juice too. A recent study in mice showed that fresh-squeezed grapefruit juice may help prevent weight gain, as well as decrease blood glucose and insulin levels, which may be good news for those with diabetes.<sup>3</sup>

### Juicy fact:

When juiced and stored in the fridge, grapefruit juice will retain 98% of its vitamin C for up to a week.

# Just one grapefruit a day can LOWER CHOLESTEROL

A study in the Journal of Agricultural & Food Chemistry revealed that enjoying one grapefruit a day can help lower "bad" LDL cholesterol levels by up to 20% and triglycerides by 27%.<sup>4</sup>

It's grapefruit season all year long

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
RIO RED	█											█
TEXAS RIO STAR	█									█	█	█
FLORIDA	█									█	█	█
CALIFORNIA STAR RUBY*				█								
SUMMER MARSH RUBY						█						
WHITE				█								
PUMMELO	█										█	█

\*organic also available

## Juicy fact:

The flavonoids in fresh grapefruit can help reduce inflammation in your heart's arteries

4. Gorinstein S, Caspi A, Libman I, Lerner HT, Huang D, Leontowicz H, Leontowicz M, Tashma Z, Katrich E, Feng S, Trakhtenberg S. Red grapefruit positively influences serum triglyceride level in patients suffering from coronary atherosclerosis: studies in vitro and in humans. J Agric Food Chem. 2006 Mar 8;54(5):1887-923.

# Natural Beauty

Grapefruit can beautify you inside and out. *How?* This superfood contains phytonutrients that function as antioxidants, protecting you from free radicals that damage skin cells and lead to signs of aging. The result is a more radiant and youthful looking you.



## Grapefruit Sugar Scrub

### INGREDIENTS:

- ¾ cup of organic sugar
- ¼ cup fresh squeezed Sunkist® grapefruit juice
- ¼ cup grapeseed oil
- 1 Tbsp honey

### DIRECTIONS:

Combine all ingredients in a large bowl. Apply to your hands by dipping a sliced grapefruit in the grapefruit sugar mixture. In addition to the massaging skin benefits, the grapefruit will also work to brighten nails. Follow the treatment with a luke-warm soaked wash cloth.

# Recipes



## Grapefruit Avocado Salad

With their flavor and texture, Sunkist Grapefruit Avocado Salad makes a delicious side salad.

### INGREDIENTS:

- |                            |                         |
|----------------------------|-------------------------|
| 3 Sunkist grapefruit       | ¼ cup olive oil         |
| 1 Sunkist lime, juice only | salt, to taste          |
| 2 medium avocados          | 3 cups baby lettuce mix |

### INSTRUCTIONS: (Makes 4 servings)

With sharp knife, cut ¼" rings horizontally around the avocados, being careful not to cut through the seed. Gently remove the rings one by one and remove the skin. Evenly divide avocado rings on each of 4 plates, stacking the rings vertically on each plate (approx. 4 rings per plate) to create a tower. Peel and segment first grapefruit, gently cut segments into bite-sized pieces and divide among the 4 plates, placing segments in the center of the avocado tower. Discard peel. Slice second grapefruit in half. Use one half to cut into 4 slices and juice the other half, reserve juice for dressing. Next to the avocado and grapefruit tower, place a grapefruit slice and top with baby lettuce, evenly dividing among the plates.

### FOR THE DRESSING:

Whisk lime juice, olive oil, reserved grapefruit juice, and a pinch of salt.

# & Refreshments



## Sunkist® Green Juice

This juice is high in vitamins C, K and A, is high in chlorophyll, calcium and iron, and is a great detoxifier.

### INGREDIENTS:

- 1 cup ice
- ½ Sunkist grapefruit, peeled
- ½ cup freshly squeezed Sunkist orange juice
- ½ cup fresh-pressed apple cider
- 1 tsp. minced fresh ginger
- ½ cup chopped green kale

### INSTRUCTIONS: (Makes 4 servings)

Place all ingredients into the Vitamix blender cup in the order listed; secure lid. Process on high until blended and smooth.

### Juicy fact:

When juiced and stored in the fridge, grapefruit juice will retain 98 percent of its vitamin C for up to a week.



## Sunkist® Grapefruit Salsa

Sunkist Grapefruit Salsa is appealing to the eye as well as the appetite!

### INGREDIENTS:

- 2 Sunkist grapefruit\*
- 1 medium, ripe avocado, peeled, seeded, diced
- ¼ cup diced red bell pepper
- ¼ cup chopped green onion
- 2 Tbsp. cilantro leaves, optional
- salt and freshly ground pepper to taste

### INSTRUCTIONS: (Makes approx. 2 cups)

Over bowl or shallow dish, peel and segment grapefruit to catch juices. Reserve 2 Tablespoons fresh juice for salsa. Dice grapefruit segments. Combine diced grapefruit segments, juice, diced avocado, red bell pepper, green onion, and cilantro if desired. Toss gently to blend thoroughly. Season with salt and pepper to taste. Cover and refrigerate until ready to serve.

\*Use any Sunkist grapefruit variety, including Pummelo, Oroblanco or Melogold.



## CHEERS!

## Grapefruit Julep

Tearing the mint sprigs before shaking helps release the herb's essential oils and flavor.

### INGREDIENTS:

- 2 sprigs fresh mint
- 2 ounces Grey Goose vodka
- ½ ounce fresh squeezed Sunkist® lemon juice
- ½ ounce fresh squeezed Sunkist grapefruit juice
- ½ ounce pomegranate juice
- ½ ounce agave nectar
- Garnish: sprig of mint

### INSTRUCTIONS: (Makes 1 cocktail)

Tear mint and drop into a cocktail shaker. Measure in the vodka, juices and agave. Fill shaker with ice, cap and shake. Strain into a martini glass or pour into an old fashioned glass or Julep cup. Garnish with mint.