

# Orange

The outer peel is usually a yellow orange color. Oranges range in size from small to large. The fruit inside is orange and made of several easily separated segments (usually about 10 segments). Do not eat the peel or seeds.

**Oranges are fruit which grow on trees.**

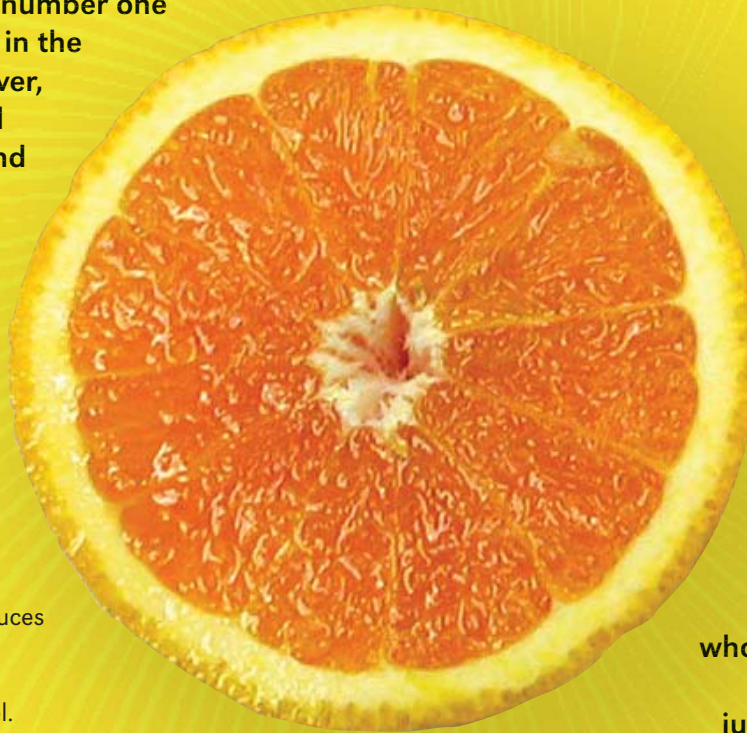
**It is believed oranges originated in Southeast Asia.**

Christopher Columbus and other explorers brought orange seeds and seedlings with them to North America. By the 1820's, there were orange groves growing in St. Augustine, Florida.

Oranges are a member of the citrus family. Florida is the number one producer of oranges in the United States. However, California, Texas and Arizona also grow and sell oranges. 90% of Florida's oranges go into juice.

## NUTRITION FACTS

- Fat free
- Cholesterol free
- Sodium free
- Good source of vitamin
- High in folate, calcium, potassium, thiamin, niacin and magnesium



## VARIETIES

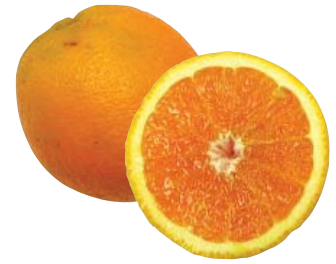
Varieties include the sweet orange, the sour orange and the mandarin orange (or tangerine). The United States mostly produces sweet orange varieties, including: Hamlin, Parson Brown, Valencia and Navel. Some oranges have seeds and some are seedless.

## USES

Peel and eat as a whole fruit or add to fruit salads. Drink 100% juice or use the juice in dips, sauces, smoothies and baked goods.



**Fresh Fruit Crunch**  
Preparation time: 15 minutes  
Number of servings: 6  
Cups of fruits or vegetables per serving: 0.5

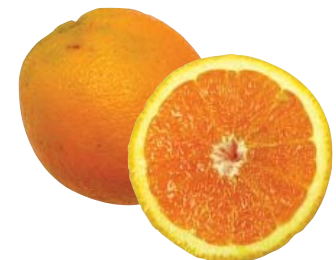


2 oranges, peeled and torn into sections  
1 apple or pear, diced  
½ c. grapes, halved  
1 banana, peeled, thinly sliced  
2 T. orange juice  
½ c. low-fat granola cereal

1. In a medium bowl, combine orange sections, apple or pear, grapes, banana, and orange juice.
2. Sprinkle granola over fruit and stir gently.
3. Serve immediately as dessert, or for breakfast topped with low-fat yogurt.

Nutrition Information per Serving: Calories 100, Total Fat 1 g (1% DV), Saturated Fat 0 g (0% DV), Cholesterol 0 mg (0% DV), Sodium 25 mg (1% DV), Total Carbohydrate 24 g (8% DV), Dietary Fiber 3 g (12% DV), Sugars 14 g, Protein 2 g, Vitamin A 6%, Vitamin C 60%, Calcium 2%, Iron 2%.

**Breakfast Fruit Cup**  
Preparation time: 10 minutes  
Number of servings: 4  
Cups of fruits or vegetables per serving: 0.5



2 oranges, peeled and sliced into bite-sized pieces  
1 banana, peeled and sliced  
1 T. raisins  
½ c. low-fat yogurt  
⅛ tsp. cinnamon

1. In a small bowl, combine fruit. Divide fruit equally into 4 bowls.
2. Put a rounded tablespoon of yogurt over fruit in each bowl and sprinkle with a dash of cinnamon.

Nutrition Information per Serving: Calories 90, Total Fat 1 g (1% DV), Saturated Fat 0 g (0% DV), Cholesterol 0 mg (0% DV), Sodium 25 mg (1% DV), Total Carbohydrate 20 g (7% DV), Dietary Fiber 2 g (8% DV), Sugars 13 g, Protein 3 g, Vitamin A 4%, Vitamin C 70%, Calcium 8%, Iron 2%.