

Community Health Newsletter

Week Fifteen



O: Is For Orange



Oranges are plentiful from October through June, and they are the primary source of vitamin C for most Americans. Oranges also contain calcium, potassium, thiamin, niacin, and magnesium.

Orange trees are evergreens that probably originated in Asia. Oranges are technically a hesperidium, a kind of berry. Explorers like Ponce de Leon are believed to have brought the first oranges to Florida.

When buying oranges, look for fruit that is firm and heavy. Skin color is not a good guide to quality because the fruit may be ripe even though it has green spots. The peel color depends on the climate. Oranges grown in California and Arizona often have a deeper orange color. Citrus fruit peel varies in thickness, depending on weather conditions during the growing season, but thinner skins tend to be juicier than thick skin fruits.

100% juice is made only from oranges and contains no added sugars or preservatives. About 80% of America's orange juice comes from Florida-grown oranges. "Not-from-concentrate" means the fruit is squeezed; the juice was pasteurized, chilled, blended for consistent quality and taste, and then packaged.

"From-concentrate" means the oranges were squeezed, and the water evaporated to produce a concentrated form similar to canned orange juice concentrate in the frozen food case. "From-concentrate" juice indicates that the water was added back before the juice was pasteurized and packaged.

- Source: <http://www.fruitsandveggiesmatter.gov/month/orange.html>

ACTIVITY TIP

Activity Tip with Oranges
Leg Strengthening – Orange Lifts

Tuck an orange into the backside of your knee during leg lifts. Stand with one arm holding or resting on a wall or doorframe; lift the opposite leg bent with an orange "trapped" behind the knee for 15 to 20 repetitions. Change sides and repeat.

Source: www.sunkist.com

Recipe: Green and Orange Salad

2 Tbsp snipped chives
1-1/2 Tbsp olive oil
1 clove garlic, minced
1/4 cup minced parsley
3 Tbsp orange juice
1 Tbsp Dijon mustard
Boston or bibb lettuce

Directions: Peel and section the oranges, removing all the membranes. Place in a large bowl. Sprinkle with the parsley and chives. In a small bowl, whisk together the orange juice, oil, mustard and garlic. Pour over the oranges and toss well. Serve on a bed of lettuce leaves. Number of Servings: 8

Source: CDC Produce for Better Health

Developing good health habits (adequate rest, routine exercise, good eating habit, and avoidance of toxic substances like tobacco and other drugs) can make a positive impact on the way you look from childhood through to your senior years.

