



Citrus Fruit

Citrus fruit is in season from fall through spring. Citrus fruits include: oranges, tangerines, lemons, limes and grapefruits.

Nutrition:

Citrus is known for being rich in vitamin C. Vitamin C is important for the growth and repair of body tissue and is essential for healing wounds. Vitamin C also aids in the absorption of iron, and helps maintain bones and teeth. Eating a variety of foods that contain vitamin C is the best way to get an adequate amount each day.

Recommended Intakes:

The Food and Nutrition Board at the Institute of Medicine recommends the following daily amounts of vitamin C:

Infants and Children

- 0 - 6 months: 40 milligrams/day (mg/day)
- 7 - 12 months: 50 mg/day
- 1 - 3 years: 15 mg/day
- 4 - 8 years: 25 mg/day
- 9 - 13 years: 45 mg/day

Adolescents

- Girls 14 - 18 years: 65 mg/day
- Boys 14 - 18 years: 75 mg/day



Adults

- Men age 19 years and older: 90 mg/day
- Women age 19 years and older: 75 mg/day (Pregnant): 85 mg/day (Lactating): 120mg/day

***Note:**

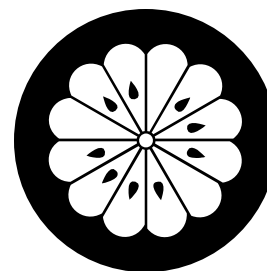
The Recommended Daily Allowance for vitamin C is 35mg/day higher for people who smoke. Thus, an adult male smoker actually needs 125 mg of vitamin C per day.

Food Sources of Vitamin C

Food Source	Serving Size	Vitamin C (mg)
Orange juice, frozen concentrate	3/4 cup	293
Grapefruit juice	3/4 cup	248
Orange, raw	1 medium	70
Oranges, canned	1 cup	50
Lemon, raw	1 lemon	30

Grapefruit Juice

Canned unsweetened grapefruit juice is 100% juice, with no added sweeteners. It is low in calories, fat and sodium. A one cup serving of grapefruit juice satisfies one fruit group recommendation from MyPyramid.



Uses and Tips:

- Blend grapefruit juice with fresh fruit, yogurt and ice to make a fruit smoothie.
- Mix 1/2 cup juice with 1/2 cup sparkling water for a sparkling soda.

Citrus Soother

Yield: 4 servings

Serving Size: 1 cup

Ingredients:

1 cup grapefruit juice
3 cups orange juice

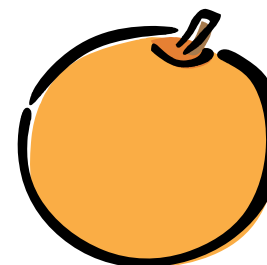
1/4 cup honey (honey is not recommended for children under 1 yr of age)
1/8 teaspoon cinnamon (optional)

Directions:

1. Heat grapefruit juice, orange juice, honey and cinnamon in a medium saucepan until warm.

Orange Juice

Canned, unsweetened orange juice is 100% juice with no added sweeteners. A one cup serving of orange juice satisfies one fruit group recommendation from MyPyramid.



Uses and Tips:

- Blend orange juice with fresh fruit, yogurt, and ice to make a fruit smoothie.
- Fill an empty ice tray with orange juice to make frozen juice pops.

Orange Custard

Yield: 6 servings

Serving Size: 1/2 cup

Ingredients:

1/2 cup sugar
1/4 cup cornstarch

4 eggs
2 1/2 cups orange juice

Directions:

1. In a saucepan, combine the sugar and cornstarch.
2. Blend the eggs and add the orange juice.
3. Cook over low heat, until smooth and thickened. Do not let the custard boil or it will become curded.
4. Portion into dessert dishes. Child immediately.