


NEAT Fact Sheet

"Citrus Fruits"



- Fruits may be fresh, canned, frozen, dried, cut up, pureed, or served as 100% juice.
- Fruit servings are measured in cups. 1 Cup of fruit generally includes:
 - 1 cup of juice
 - 1/2 cup of dried fruit
 - 1 large orange
 - 1 cup canned or fresh fruit
- Common citrus fruits include oranges, lemons, limes, grapefruit, clementines, tangerines, and tangelos. Citrus fruits contain more than just vitamin C. They are good sources of potassium, folate, calcium, niacin, magnesium, riboflavin, and more.

Nutrient	
Vitamin C	Important in formation of collagen, which is essential for strong bones and wound healing; is an antioxidant, which may reduce risk of chronic diseases. One orange contains about 70 mg and one grapefruit contains 56 mg.
Folate	Essential for new cell production and growth, helps for DNA and red blood cells. One cup of orange juice provides about 75 mcg of folic acid.
Potassium	Maintains body's water and acid balance, important in nerve signal transmission and muscle contraction. One medium orange provides about 235 mg.

- Citrus foods may reduce the risk for many diseases:
 - Heart disease
 - Cancer
 - Anemia
 - Macular degeneration and cataracts