Healthy Serving Ideas
• Combine grapefruit sections, sliced banana, and raisins with lowfat yogurt.
• Cut in half and serve chilled grapefruit with breakfast.
• Blend grapefruit chunks with equal parts oil and vinegar to make a zesty salad dressing.
• Try 100% grapefruit juice – it tastes great chilled or frozen like a popsicle.
• Toss peeled grapefruit segments into fruit or green salads.
• Enjoy a variety of citrus all year long – grapefruit, oranges, mandarins, kumquats, and pummelos.

CITRUS SALAD
Makes 4 servings. 2 cups per serving.
Prep time: 10 minutes
Ingredients:
5 cups chopped salad greens
1 large orange, peeled and sectioned
1 medium pink or red grapefruit, peeled and sectioned
½ cup chopped red onion
1 cup thinly sliced radishes
¼ cup sliced almonds
2 tablespoons light sesame dressing
2 tablespoons 100% orange juice
1. Place salad greens in a large bowl.
2. Combine all ingredients with salad greens.
3. Toss ingredients together. Serve immediately.

Nutrition information per serving:
Calories 136, Carbohydrate 21 g, Protein 4 g, Total Fat 6 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 112 mg
Adapted from: Soufflé Recipes: Building Healthy Traditions, Network for a Healthy California, 2009.

How Much Do I Need?
• Half of a medium grapefruit is about ½ cup of fruit.
• A ½ cup of sliced grapefruit is an excellent source of vitamin C.
• A ½ cup of sliced grapefruit has good nutritional value and low calories.
• Calories measure the energy found in food. The body needs energy to function, which is why we need to eat food to live.

The amount of fruits and vegetables you need depends on your age, gender, and how active you are every day. Look at the chart below to find out how many cups of fruits and vegetables you and your family need every day.

Recommended Daily Amounts of Fruits and Vegetables*

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<th>Kids, Ages 5-12</th>
<th>Teens and Adults, Ages 13 and up</th>
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<tbody>
<tr>
<td>Males</td>
<td>2½ - 5 cups per day</td>
<td>4½ - 6½ cups per day</td>
</tr>
<tr>
<td>Females</td>
<td>2½ - 5 cups per day</td>
<td>3½ - 5 cups per day</td>
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*If you are active, eat the higher number of cups per day. Visit www.mypyramid.gov to learn more.

What’s in Season?
California grown grapefruit are in peak season from winter through spring. California grown varieties may be fresher and cost less than varieties shipped from other states or countries. Try these citrus varieties – they are all excellent sources of vitamin C: grapefruit, kumquats, mandarins, oranges, pummelos, tangerines, and tangelos.