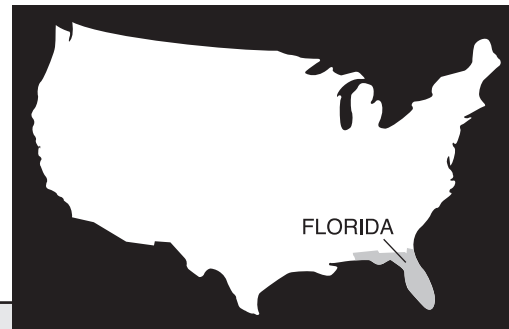


Grapefruit

Rutaceae *Citrus paradisi*

(analysis based on *peeled* raw pink and red grapefruit)

Pictured from top: white, pink (cut), Ruby Red (cut), Ruby Red grapefruits



FLORIDA



Serving Size

$\frac{1}{2}$ Medium Grapefruit
123 Grams
37 Calories
3% from fat
6% from protein
90% from carbohydrate
1 Gram Protein
9 Grams Carbohydrate
1 gram dietary fiber
0.1 Gram Fat
113 Grams Water
0 Milligrams Sodium

Red grapefruit has 2 times more vitamin A than pink; white grapefruit has only a trace of vitamin A.

