Pick a better snack™

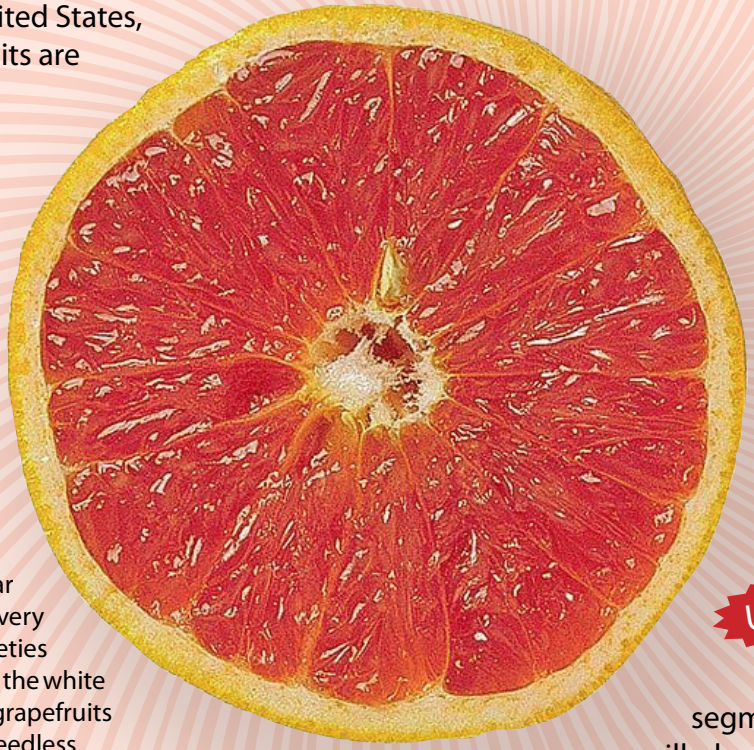
Grapefruit

The outer peel is usually glossy yellow — sometimes blushed with pink. The fruit within is segmented, ranging in color from white to ruby red (usually 11to14 segments). Do not eat the peel or

Grapefruits are fruit which grow in clusters (like grapes) on trees.

A relatively new fruit, grapefruit originated in the West Indies in the early 1700's.
Grapefruit was first introduced to Florida in the 1820's.

Grapefruits are a member of the citrus family. In the United States, about 80% of grapefruits are grown in Florida. Texas, California and Arizona also grow grapefruit.



NUTRITION FACTS

- Fat free
- Cholesterol free
- Sodium free
- Good source of vitamin C
- High in potassium

VARIETIES

There are three major varieties of grapefruit:

- white
- pink/red
- star ruby/rio red

All grapefruits have a similar tangy-sweet flavor and are very juicy. The pink and red varieties contain more vitamins than the white grapefruit varieties. Some grapefruits have seeds and some are seedless.

USES

Grapefruit can be eaten raw or cooked. Eat raw for breakfast or add segments to a salad. It can also be grilled or baked. Drink grapefruit juice plain or enjoy in a smoothie.

Grapefruits are not grown in Iowa.

IDPH Iowa Department of Public Health

Funded in part by USDA's Supplemental Nutrition Assistance Program in cooperation with the Iowa departments of Public Health and Human Services, equal opportunity providers and employers. The Iowa Food Assistance Program can help you buy nutritious food for a healthy diet. To find out more, visit www.yesfood.iowa.gov.

This material was developed by the University of Nebraska - Lincoln Extension in Lancaster County.

Iowa Nutrition Network
PROMOTING HEALTHY LIFESTYLES