

Pick a better snack™



Orange

The outer peel is usually a yellow orange color. Oranges range in size from small to large. The fruit inside is orange and made of several easily separated segments (usually about 10 segments). Do not eat the peel or seeds.

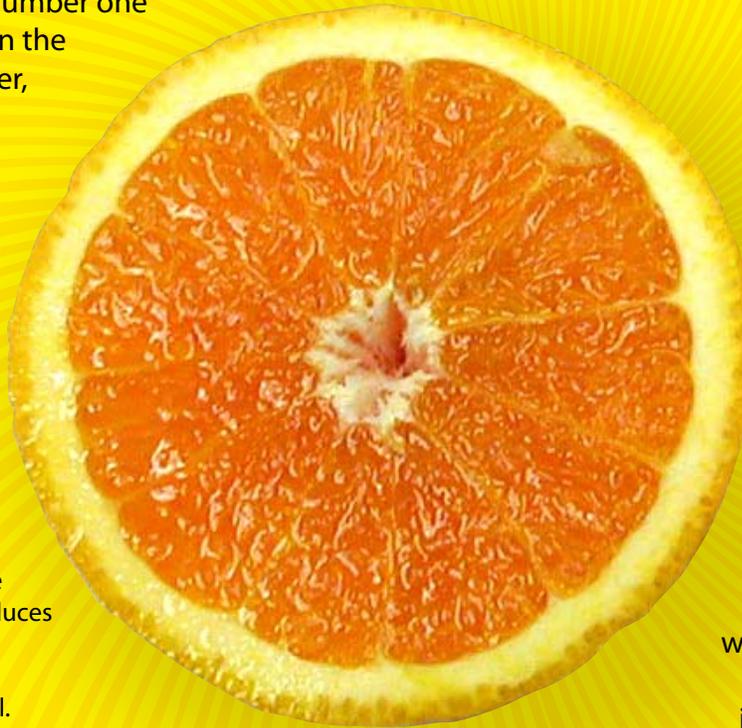
Oranges are fruit which grow on trees.

It is believed oranges originated in Southeast Asia. Christopher Columbus and other explorers brought orange seeds and seedlings with them to North America. By the 1820's, there were orange groves growing in St. Augustine, Florida.

Oranges are a member of the citrus family. Florida is the number one producer of oranges in the United States. However, California, Texas and Arizona also grow and sell oranges. 90 percent of Florida's oranges go into juice.

VARIETIES

Varieties include the sweet orange, the sour orange and the mandarin orange (or tangerine). The United States mostly produces sweet orange varieties, including: Hamlin, Parson Brown, Valencia and Navel. Some oranges have seeds and some are seedless.



NUTRITION FACTS

- Fat free
- Cholesterol free
- Sodium free
- Good source of vitamin C
- High in folate, calcium, potassium, thiamin, niacin and magnesium

USES

Peel and eat as a whole fruit or add to fruit salads. Drink 100% juice or use the juice in dips, sauces, smoothies and baked goods.

Oranges are not grown in Iowa.



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.

