

Pick a **better snack**[™] – THE COLOR WAY

ORANGES

Wash. Peel. Eat. How easy is that?



Americans consume most of their oranges in the form of juice, but the whole fruit offers more nutritional advantages. For example, a whole orange has about the same number of calories as a glass of juice, but it has the added benefit of 3 grams of fiber. In addition to being rich in vitamin C, oranges are also rich in folate as well as potassium and some thiamin.

There are two main types of sweet oranges available: 1) **navel** which has a thick, easy to peel skin, and is seedless with a mild flavor; and 2) **Valencia** which is used predominately for juice because it is very juicy with a thin skin. Navel oranges are readily identified by the belly-button scar located at the blossom end. Sweet oranges are at their peak during the winter months, but are available year round. Another sweet variety you may find is the **blood orange** that has red pulp. Blood oranges are available from December through mid-spring.

When selecting oranges, note that skin color is not a good guide to use because they may be artificially colored to preserve shelf life, enhance appeal and marketability. Further, oranges are always picked when they are ripe. Choose those that are heavy for their size and evenly shaped.

ORANGE AND BANANA OLE

4 oranges, peeled, halved and sliced
1/3 cup orange juice
2 Tablespoons brown sugar
1 teaspoon chili powder
2 bananas, peeled and sliced

In a serving bowl, arrange orange slices. In jar with lid, combine juice, brown sugar and chili powder. Shake well. Pour over orange slices; cover and chill briefly. Gently stir in banana slices before serving. 6 Servings

Source: *5 a Day Official Recipe*

Including **YELLOW/ORANGE** fruits and vegetables in your low-fat diet help maintain:

- A healthy heart
- A healthy immune system
- Vision health
- A lower risk of some cancers

Include a variety of **RED** fruits and vegetables in your low-fat diet to help maintain:

- A healthy heart
- Urinary tract health
- Memory function
- A lower risk of risk of some cancers

Pick a **better snack**[™] was developed in partnership with the Iowa Nutrition Network, Iowa State University Extension, and the USDA's Food Stamp Program and Team Nutrition - equal opportunity providers and employers. For more information, visit the Iowa Department of Public Health web site www.idph.state.ia.us/pickabetersnack or Iowa State University Extension web site www.extension.iastate.edu/food. For more information about *5 A Day the Color Way*[™], visit www.5aday.com.