



# SQUEEZE THE DAY

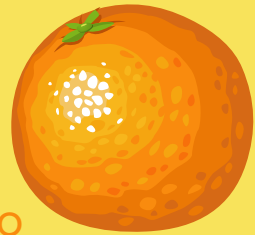


## ORANGE YOU GLAD WE HAVE FUN FACTS!

Citrus fruits are an excellent source of vitamin C, a nutrient that strengthens the immune system and keeps your skin smooth and elastic.

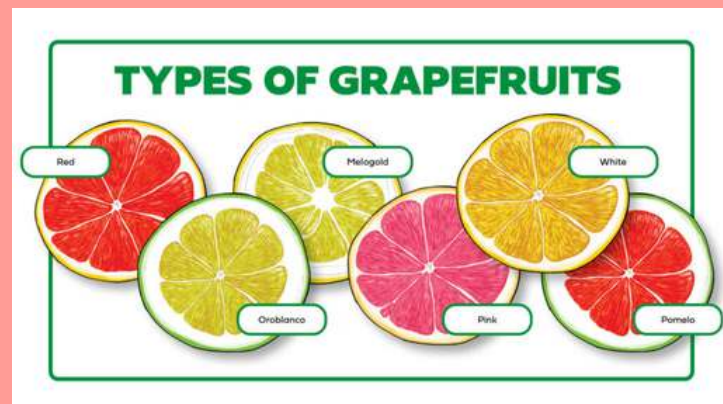
## ORANGE

In the United States, most orange juice and grapefruit is produced in Florida. Trying to cut out the middle person and make a trip to Florida to get some for yourself? Well- hold on to your rinds. Here is a not so fun fact: Is it illegal to take oranges out of Florida? Under Florida law, the act of stealing fruit usually includes two crimes being committed – the first is trespassing, which carries a third degree misdemeanor, and the second crime is called farm theft. The penalty varies depending on how much fruit is stolen. If you take fruit worth over \$300, that's a third-degree felony – grand theft.



## GRAPEFRUIT

- Grapefruit can lower blood pressure and bad cholesterol; there's actually a compound in grapefruit that helps reduce the over production of cholesterol from the liver.
- Grapefruit is 92 percent water. Eating it is just one way of keeping your body hydrated.
- Dark pink and red grapefruit is slightly more nutritious than yellow or white grapefruit.
- Don't eat grapefruit if you're taking certain medications, such as Allegra or Claritin.



# TRY THESE RECIPES

*Click on the image to follow the link*

*Sunshine Roll Ups*



*Grapefruit Yogurt Parfait*



*Tangerine Garlic Chicken*



*Sunny Citrus Salad*



*Lemon Chicken Pasta*



*Cinnamon-Orange Glazed Sweet Potatoes*

