ALL CITRUS FRUITS ARE RICH IN VITAMIN C – IN FACT, ONE MEDIUM ORANGE OR GRAPEFRUIT PROVIDES 100% OF YOUR DAILY VITAMIN C NEEDS.

FOOD for FUEL

HERE ARE SOME OF THE HEALTH BENEFITS OF INCLUDING CITRUS FRUITS IN YOUR DIET:

**Strong Bones**
Vitamin C, potassium, and magnesium (all found in citrus fruits) play an important role in bone structure, density, and strength.

**Radiant Skin**
The vitamin C found in citrus helps protect our body’s cells from sun damage, while improving skin elasticity and tone.

**Immune System Support**
The vitamin C, flavonoids, and carotenoids found in citrus fruits and juices support healthy immune systems by fighting inflammation and helping produce white blood cells, which are necessary to fight infections.

“I wish kids thought more about where their food comes from. They really don’t know the true value of these products—how hard it is to grow, what it takes.”

Jerry Andrade
Mandarin Farmer | Reedley, CA

According to the Guinness Book of World Records, the fastest time to peel and eat three oranges is 1 minute 7.94 seconds and was achieved by Dinesh Upadhyaya, from India, in 2016.

“Lemon-aid!”