

Nutrition News & Notes

TAKE YOUR “PICK” OF FLORIDA’S FRESHEST Nosh Healthy Choices this Citrus Season

(NAPSA)—Tired of limited options and tasteless, boring “healthy” foods? Well, your frustration ends with the variety of fresh Florida oranges and grapefruit now available.

“This is the time of year when Florida citrus is at its finest, and people can enjoy a bounty of the freshest, most mouth-watering oranges and grapefruit,” notes Nicole LeBeau, marketing communications manager at the Florida Department of Citrus. “It’s a delicious way to help get the recommended daily servings of fruits and vegetables and improve one’s health.”

Great Taste Plus For “Free”

Florida citrus stands on its reputation as nutritious fruit, offering consumers low-calorie and fat-free food options. Additionally, Florida oranges and grapefruit:

• **Help Fight Diseases.**

Oranges and grapefruit provide more than a full day’s supply of vitamin C. Vitamin C is one of the most powerful antioxidants, helping fight cell and tissue damage that could lead to diseases, such as cancer.

• **Promote Heart Health.**

These fruits also provide potassium, which can help lower the risk of high blood pressure. According to the National High Blood Pressure Education Program, potassium plays an important role in cardiovascular health.

• **Provide Energy.**

Oranges and grapefruit contain magnesium and thiamin, which help the body convert and generate needed energy.

The Pick Of The Grove

With fresh citrus season under way, take advantage of the taste of Florida and its healthful benefits—learn how to pick the perfect fruit. The Florida Department of



Citrus recommends following the “Three Ts”:

• **Touch**—Select citrus that feels firm and is “heavy” for its size—that means it is juicy.

• **Texture**—Look for markings or blemishes on the peel. They’re an indicator of the juicy, sweet taste of Florida-grown fruit.

• **Timing**—Wait no more; once citrus fruit arrives at the super-market, it’s ripe and ready to eat. Stored in the crisper of the refrigerator, Florida citrus keeps at top quality in flavor and nutrition for up to three weeks.

Taste The Freshness

When looking to freshen up meals, think Florida citrus. There’s no better way to add a healthy zip to family dinner than with the unlimited options and juicy taste of citrus. Healthily indulge by trying this flavorful recipe:

Broiled Fish with Citrus-Grape Sauce

- 1½ pounds fresh or frozen grouper, halibut or shark steak about ¾ inch thick
- Nonstick spray
- ½ teaspoon lemon-pepper seasoning
- ¼ cup thinly sliced green onions

- ½ teaspoon finely shredded Florida orange peel
- 1¼ cups 100% orange juice
- 1 tablespoon cornstarch
- ¼ teaspoon salt
- 3 Florida oranges, peeled, sectioned and seeded
- 1 cup seedless green grapes, halved
- 2 tablespoons dry sherry (optional)

Thaw fish, if frozen. Spray unheated rack of broiler pan with nonstick spray. Sprinkle both sides of fish with lemon-pepper seasoning. Place fish on rack of broiler pan. Broil 4 inches from heat 4 minutes; turn fish. Broil 3 to 5 minutes more, or until fish flakes when tested with fork.

Meanwhile, spray unheated medium saucepan with nonstick spray. Add onions; cook and stir over medium heat until tender.

In bowl, combine orange peel, orange juice, cornstarch and salt. Add to onions in saucepan. Cook and stir until mixture is thickened and bubbly. Cook and stir 2 minutes more. Add orange sections, grapes, and, if desired, sherry. Heat through. Spoon sauce over fish. Makes 4 servings.

Visit www.floridajuice.com for more Florida citrus recipes and information.

The Florida Department of Citrus is an executive agency of Florida government charged with the marketing, research and regulation of the Florida citrus industry. Its activities are funded by a tax paid by growers on each box of citrus that moves through commercial channels. The industry employs approximately 90,000 people, provides a \$9 billion annual economic impact to the state, and contributes hundreds of millions of dollars in tax revenues that help support Florida’s schools, roads and health care services.