



Oranges



Eating Oranges:

- Helps the body to heal cuts and wounds
- Keeps gums and skin healthy
- May help lower the risk for mouth, throat and stomach cancers



Shopping Tips:

- Oranges with thin skin tend to be juicier
- Navel oranges with bigger “navels” on the bottom are sweeter

Serving Ideas:

- Toss orange or mandarin segments into a leafy green lettuce or spinach salad
- Dip Clementine or Tangerine segments into low-fat yogurt