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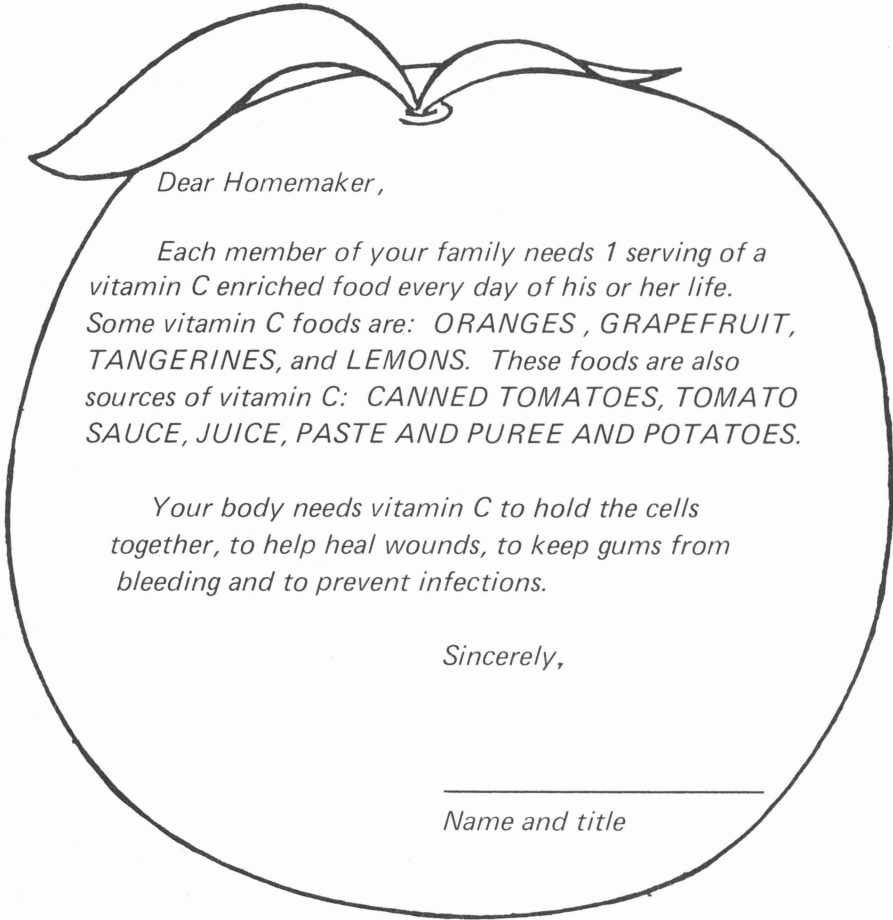
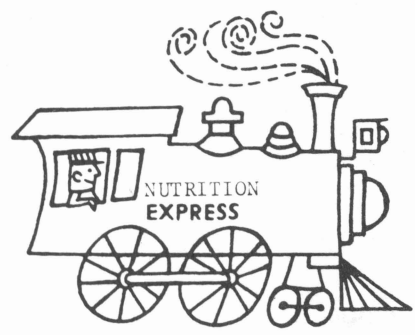
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TEXAS AGRICULTURAL EXTENSION SERVICE OF THE TEXAS A&M UNIVERSITY SYSTEM



# FAMILY NUTRITION NEWS

## Citrus Fruits for Vitamin C



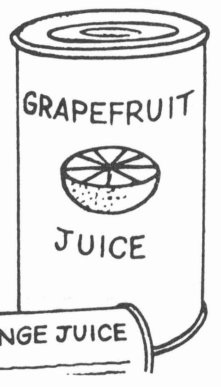
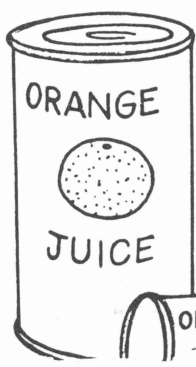
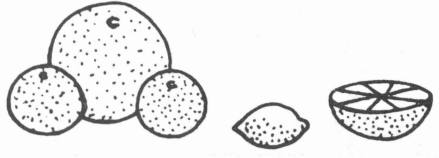
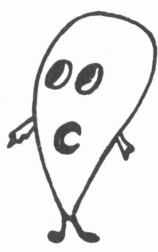
Dear Homemaker,

Each member of your family needs 1 serving of a vitamin C enriched food every day of his or her life. Some vitamin C foods are: ORANGES, GRAPEFRUIT, TANGERINES, and LEMONS. These foods are also sources of vitamin C: CANNED TOMATOES, TOMATO SAUCE, JUICE, PASTE AND PUREE AND POTATOES.

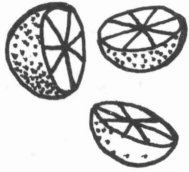
Your body needs vitamin C to hold the cells together, to help heal wounds, to keep gums from bleeding and to prevent infections.

Sincerely,

\_\_\_\_\_  
Name and title



Here are some easy ways to serve foods rich in vitamin C for breakfast or for a snack:



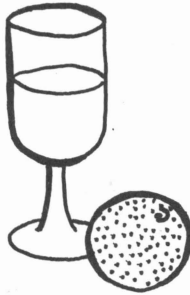
HAVE ORANGES OR GRAPEFRUIT IN SLICES

or

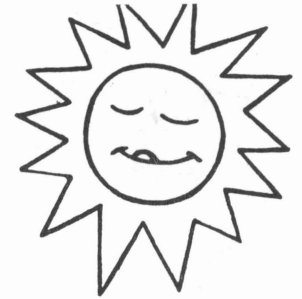
IN SECTIONS



or



HAVE A GLASS OF JUICE



**MORE INFORMATION . . .**

For more vitamin C, try a citrus salad for dinner or supper.

### FRESH CITRUS SALAD

2 grapefruit  
3 oranges

6 lettuce leaves  
6 prunes (optional)

Peel and section the grapefruit and oranges. Place equal amounts of the sections on the 6 lettuce leaves. Top with a plump prune, if desired.

### SHOPPING TIPS

When buying fresh citrus fruit, look for firm, well-shaped, ripe products. Store fresh fruit in a cool, dry place. Look for fruit juices or fruit drinks fortified with vitamin C.



This publication was prepared by Extension foods and nutrition specialists, The Texas A&M University System, from material developed by Virginia Cass Ryan, former Extension assistant foods and nutrition specialist - ENP, The Texas A&M University System.