

# WELLNESS WAYS



UNIVERSITY OF ILLINOIS  
EXTENSION

College of Agricultural, Consumer and Environmental Sciences



*Ideas For Eating Better For Less . . . .*

## Citrus Fruits



- Citrus fruits include oranges, tangerines, clementines, grapefruits, lemons and limes.
- Buy citrus fruits that are firm and heavy for their size. Avoid bruised or moldy fruits.
- Citrus fruits can be stored at room temperature for several days. For longer storage, place fruit in a plastic bag or crisper drawer of your refrigerator.

- Navel and Valencia oranges

- **Navel oranges** are easy to peel, sweet, juicy, and have no seeds.

- **Valencia oranges** are popular during the summer months.

- They may have a few seeds but are very juicy and sweet. The peel/rind may have a greenish color even when ripe.



- Tangerines, Mandarins, Clementines, and Tangelos

- Compared to oranges these are smaller and have a looser peel.



### Orange Cole Slaw Serves 4

1 cup low fat mayonnaise

1 Tablespoon sugar

2 teaspoons vinegar

4 cups of shredded cabbage, packed

1 small can mandarin oranges, drained

1. Combine mayonnaise, sugar and vinegar.
2. Blend into the cabbage.
3. Add mandarin orange segments.
4. Mix just to combine.



NUTRITION FACTS (per serving) - Calories 120 ~ fat 5 g ~ calories from fat 50 ~ sodium 40 mg ~ total carbohydrate 17 g ~ fiber 2 g

## Orange Salad Serves 6

- 6 medium oranges
- 1 Tablespoon powdered sugar
- 1/3 cup chopped nuts
- 1/2 cup chopped dried fruit (figs, dates, raisins)
- 2 teaspoons lemon juice
- 1/2 teaspoon cinnamon



1. Peel oranges. Pull orange sections apart and place in a bowl.
2. Sprinkle sugar over oranges and gently mix.
3. Add chopped nuts and dried fruit to oranges.
4. Sprinkle lemon over oranges, nuts and fruit and gently stir.
5. Sprinkle with cinnamon. Stir gently.
6. Cover bowl and refrigerate. Serve chilled.

NUTRITION FACTS (per serving) - Calories 150 ~ fat 5 g ~ calories from fat 40 ~ sodium 0 mg  
~ total carbohydrate 28 g ~ fiber 4 g

## Squeeze, Slice or Peel Citrus Fruits

- Before eating or preparing whole fresh citrus, rinse it under cold running tap water and rub briskly with your hands to remove dirt and bacteria that may be present. The outer peel/rind can be scrubbed with a brush. Dry fruit.
- Slice and squeeze oranges to make orange juice. Store juice in the refrigerator.
- Slice or peel citrus fruit in the refrigerator for a ready-to-eat healthful snack.
- Add citrus fruit to lettuce and gelatin salads.



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