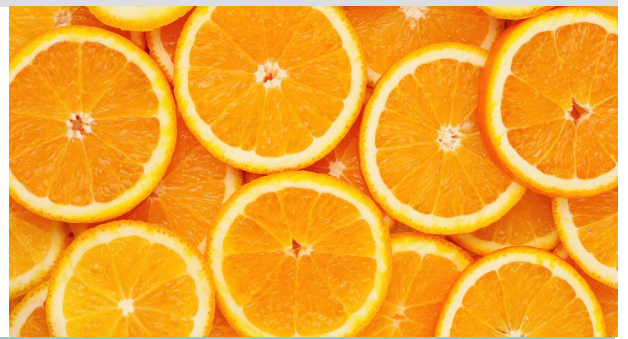


Health Benefits of Oranges



Sweet and juicy oranges are grown in more than 140 countries and are the most highly-consumed fruit around the world. Best known for their high vitamin C, oranges also contain an abundance of healthful vitamins, minerals and phytonutrients that fight illness and disease.

NUTRIENTS IN ORANGES

Vitamin C is a water-soluble that, unlike animals, humans cannot synthesize, so sources of vitamin C must be included in our daily diet. It is necessary for building collagen, essential for wound-healing making neurotransmitters and metabolizing proteins. Vitamin C is an antioxidant which protects against the damaging effects of free radicals. It helps the body absorb iron, especially non-heme iron found in plant foods and may protect against the [development of hypertension, coronary heart disease and stroke](#).

One medium orange contains about 100 milligrams (mg) of vitamin C. Since the RDA is 65-90 mg/day for adults, one orange provides more than 100% of the RDA for vitamin C.

Oranges contain [7 of the 8 B vitamins](#) (thiamine, niacin, riboflavin, B6, pantothenic acid and folate). B vitamins play essential roles in cellular communication, metabolism and the breakdown of food into energy, immune function, creating new blood cells, synthesizing hormones and DNA expression. B12, the missing B vitamin, is not found in plant foods.

Oranges contain [calcium](#) for healthy bones and teeth, nerve transmission, maintaining blood vessels, and regulating pH. One oranges contains approximately 100 mg, at least 10% of the daily calcium recommendation.

Oranges contain [non-heme iron](#) and the vitamin C helps your body absorb and store this form of iron. Iron helps transport oxygen through the blood stream.

[Magnesium](#) is necessary for over 300 biochemical reactions in the body including muscle and nerve function, glucose control, blood pressure regulation and energy production. It is also important for bone development, DNA/RNA synthesis, and maintaining a normal heart rhythm.

There are 312 mg of [potassium](#) per orange which is

approximately 12% of the RDA. Potassium is essential to maintain the heart's electrical activity, fluid balance and a healthy blood pressure.

Oranges also contain an abundance of phytonutrients, compounds found in plant foods that help to protect the body from disease. Oranges contain nearly 50 different types of [flavonoids](#), which provide anti-inflammatory and antioxidant effects. They have been shown to help lower cholesterol and triglycerides, and improve vascular function. Flavonoid intake is associated with reduced risk of type 2 diabetes, heart disease and some cancers, and may lower risk of dementia.

WHOLE FRUIT VS JUICE

It is best to consume the whole fruit rather than drinking orange juice. One 3" orange contains 62 Calories, 12 grams of sugar and 3 grams of fiber. In contrast, one cup of orange juice contains 110 Calories, 25 grams of sugar and no fiber, increasing the sugar load and eliminating the fiber that regulates blood sugars.

Juiced oranges have had the pulp and oils removed and have been heat-pasteurized to inactivate enzymes and kill microbes. Nutrients like protein, vitamin C, B vitamins, calcium, and potassium are reduced by at least half in juice compared to the whole orange.

Processing also removes compounds responsible for aroma and flavor, which are sometimes added back using chemical flavor packs.



Oregon State
University

stephanie.polizzi@oregonstate.edu
631 Alder Street, Myrtle Point, OR 97458
541-572-5263 ext 25291
<http://extension.oregonstate.edu/coos>

Although not optimal, orange juice is still a better option than orange “drinks” which may contain only a small percentage of real juice and additives like high-fructose corn syrup or yellow food coloring.

Mandarin Orange Spinach Salad

Eatplant-based.com

Serves 6

Ingredients:

- 1 10-oz bag fresh spinach
- 1 cup berries or grapes, or 10 strawberries, sliced
- 1 10-oz can mandarin or fresh clementine segments
- 1 tsp sunflower seeds
- 1 tsp chopped Brazil nuts
- 1/4 cup raspberry vinaigrette (oil-free)

Dressing

- 2 cups fresh or frozen raspberries, pureed
- 2 Tbsp Dijon Mustard
- 1-2 Tbsp balsamic vinegar
- 1 Tbsp fresh thyme or rosemary
- 1-2 tsp maple syrup, to taste
- 1/4 tsp each salt and black pepper

1. Puree raspberries and place in bowl.
2. Add remaining ingredients and stir.

ORANGES FOR THE HOLIDAYS

Fresh oranges are readily available year-round but have traditionally been a staple at holiday meals. Oranges or clementines were often tucked into the toe of a child’s

Christmas stocking. Oranges with whole cloves poked into the skins make an aromatic, decorative accent to any holiday table, and dried peels can be candied and dipped in chocolate for a tasty treat.

Juicy, whole oranges travel well so they make a great snack for school lunches, a day of hiking or an afternoon at the beach. Orange segments are a tasty addition to green salads, vegetable spreads or cranberry sauce. Toss into morning smoothies or freeze puree for an alternative to ice cream. Try mixing orange segments with mango and walnuts for a healthy snack or dessert.



Naturally Sweetened Cranberry Sauce

Cookieandkate.com

Ingredients:

- 1 12-oz bag fresh cranberries
- 1/2 cup honey or maple syrup
- 1/2 cup water
- Zest of 1 medium orange (about 1 tsp)

Optional:

- 1/2 tsp ground cinnamon
- 1/4 cup fresh orange juice

Directions:

1. Rinse the cranberries and drain. Discard spoiled or overly-soft berries.
2. In a medium saucepan, combine cranberries, honey and water. Bring to boil over medium-high heat. Reduce heat to medium-low, stirring occasionally, until cranberries have popped and the mixture has thickened to your liking, about 5-10 minutes.
3. Remove pot from heat and stir in orange zest and optional spices and juice.
4. Sauce will thicken as it cools and will store in fridge, covered, for up to 2 weeks.

REFERENCES

<https://lpi.oregonstate.edu/mic/vitamins/vitamin-c>

<https://healthyeating.sfgate.com/oranges-minerals-8793.html>

<https://www.hsph.harvard.edu/nutritionsource/iron/>

<https://ods.od.nih.gov/factsheets/Magnesium-HealthProfessional/>

<https://ods.od.nih.gov/factsheets/Potassium-HealthProfessional/>

<https://lpi.oregonstate.edu/mic/dietary-factors/phytochemicals/flavonoids>