



# Oranges

## Health Benefits of Oranges

This popular citrus fruit comes in varieties like naval, clementine and blood orange. One orange provides 100% of the RDA for vitamin C.

### **1 medium (3") orange provides:**

- 62 Calories, 1 gm protein, 3 gm fiber, no fat, no cholesterol

### **Potential benefits of consuming oranges:**

- Rich source of vitamin C for wound-healing, iron absorption and protection against free radicals associated with aging and disease
- Contain B vitamins like the antioxidant beta-carotene, thiamine for converting food into fuel, and folate which protects against birth defects, heart attack and stroke
- Good source of potassium for lowering blood pressure
- Contain calcium for strong bones and muscle contraction, especially important for the muscles of your heart
- Good source of dietary fiber which helps regulate digestion, lowers cholesterol levels and aids in weight loss
- Eat whole as healthy snacks; toss in salads, vegetable sides, beans or other food sources of iron for improved absorption

For more Healthy Bytes Initiative information, visit:  
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