

Florida GRAPEFRUIT



Go Florida Grapefruit Spokesperson NUTRITION TIPS

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- 🍷 **Plan ahead.** Try to prepare yourself for potentially diet-derailing situations, such as unexpected dining out. When nutrition information isn't available, improvise by avoiding menu options that include words like crispy, tempura or au gratin, as these words usually denote dishes that are fried, cheesy or high in fat and calories. Look instead for entrées described as grilled or broiled. It's also a good idea to have a safe "go-to" meal in mind that you can request specially, such as grilled chicken and vegetables or a broth-based soup. Even if these items do not appear on the menu, most restaurants are happy to comply with your wishes.
- 🍷 **Bag a bargain.** Adopt a more evolved definition of a "bargain." To truly get the most bang for your buck, look for food items that are both reasonably priced and also supply a plethora of valuable nutrients per serving. Pink Florida grapefruit is affordable and one-half of a medium pink grapefruit delivers at least 100 percent of the recommended Daily Value (DV) for vitamin C, 35 percent for vitamin A, and even fiber (8% of the DV), some B vitamins and potassium (5% of the DV).
- 🍷 **Prepare your plate.** To ensure that you're taking in a healthy mix of essential nutrients and vitamins, try to balance your plate at mealtime with a variety of different foods. Mentally divide your plate into two equal sections. About half of the plate can be filled with fresh fruit and vegetables, while the remaining half may contain equal parts lean protein and whole grains. Add a glass of fat-free milk for a serving of calcium for a balanced meal.
- 🍷 **Clean up your diet.** Opt for raw or unprocessed foods over packaged and processed ones when possible. Foods in their most natural state may contain fewer additives and are typically more nutrient rich – that is, they provide more nutrients in fewer calories. Fresh Florida grapefruit is portable and easy to peel, making it a great on-the-go snack you can consume anywhere—at the gym or even at your desk.
- 🍷 **Get creative in the kitchen.** Find healthful and inventive ways to incorporate nutrient-rich foods into your favorite recipes to infuse them with a healthy burst of vital nutrients. This will help you obtain beneficial vitamins and minerals each day without having to sacrifice some of your favorite meals. Florida grapefruit offers a unique combination of nutrients such as vitamin C, vitamin A (in pink and red grapefruit), fiber and phytonutrients that may help support overall good health, and it makes a great addition to marinades, smoothies, salads, salsas and more.