

Florida GRAPEFRUIT



Make Florida Grapefruit and 100 Percent Grapefruit Juice A PART OF YOUR OVERALL HEALTHY DIET AND LIFESTYLE

It's no surprise that fresh, natural beauty is best achieved through fresh, natural means. Whether you're aiming to get into those skinny jeans for a big night out or striving for an everyday healthy glow, all-natural Florida grapefruit and 100 percent grapefruit juice, as part of an overall healthy diet and lifestyle, can help you achieve the best version of "you." These Florida gems deliver head-to-toe health and wellness benefits to help keep you looking and feeling fresh-faced and fabulous every day of the year. Check out what grapefruit can do for you!

- 🍷 **Put some sass in your glass.** To get the most bang for your calorie "buck," swap empty-calorie items and reach for foods and beverages that are rich in beneficial nutrients. A study from the University of Florida shows that pink grapefruit juice delivers more nutrients per calorie than many other commonly-consumed 100 percent fruit juices, including apple, grape, pineapple and prune.*
- 🍷 **Eat up while you slim down.** If you're striving to achieve or maintain a healthy weight, consume fruit and vegetables with high water content, like grapefruit, as part of a healthy weight-loss plan to help you feel full and satisfied. With fewer than 100 calories per 8-ounce serving, grapefruit juice is fat-free and contains fewer calories than many commonly-consumed 100 percent fruit juices. Half of a medium Florida grapefruit is also fat-free and contains 60 calories.
- 🍷 **Squeeze in some antioxidants.** Both one-half of a medium Florida grapefruit and 8-ounces of grapefruit juice deliver vitamin C and phytochemicals. Antioxidants, such as vitamin C, may help neutralize free radicals. Many scientists think that the long term presence of free radicals can damage cells and tissues and may lead to certain chronic diseases.
- 🍷 **A perfect pick-me-up.** Florida grapefruit helps provide your body with a natural boost in energy while providing essential nutrients like vitamin C and vitamin A (in pink grapefruit). These nutrients coupled with its invigorating taste make grapefruit an ideal snack post-workout and any time.
- 🍷 **Support a healthy immune system.** One-half of a medium grapefruit or an 8-ounce serving of grapefruit juice contains at least 100 percent of the Daily Value for vitamin C, which helps support a healthy immune system. A properly functioning immune system is necessary to help your body resist disease.

* Rampersaud, GC (2007). A comparison of nutrient density scores for 100% fruit juices. Journal of Food Science 72 (4) 261-266.

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TYPICAL NUTRITION VALUES for ½ Medium Grapefruit (154 g)

<i>Nutrient</i>	<i>Amount (% Daily Value*)</i>
Calories	60 kcal
Calories from fat	0
Total carbohydrate	15 g (5%)
Available dietary fiber	2 g (8%)
Sugars	11 g
Protein	1 g
Total fat	0 (0%)
Sodium	0 mg (0%)
Potassium	160 mg (5%)
	<i>% Daily Value*</i>
Vitamin C	100%
Thiamin	4%
Niacin	2%
Folate	4%
Calcium	4%
Vitamin B6	4%
Magnesium	4%
Vitamin A	35%**

Not a significant source of saturated fat, cholesterol and iron.

* Percent Daily Value based on a 2,000 calorie diet.

** Pink or red grapefruit.

Data source: FDA, Appendix C to Part 101.--Nutrition Facts for Raw Fruits and Vegetables, Revised 7/25/2006, effective 1/1/2008. Data for thiamin, niacin, folate, vitamin B6 and magnesium from the USDA National Nutrient Database for Standard Reference, Release 20 (NDB 09112), accessed 9/24/2008.

Nutritional values may vary based on the variety of citrus fruit and place of origin. Refer to the USDA National Nutrient Database for Standard Reference at www.ars.usda.gov/ or check with your citrus vendor for additional information.

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Typical Nutrition Values for 1 cup of grapefruit juice (8 ounces)

<i>Nutrient</i>	<i>Amount</i>	<i>% Daily Value</i>
Serving size	8 ounces (1 cup)	--
Calories	94 kcal	--
Total carbohydrate	22 g	7%
Total sugars	22 g	--
Total dietary fiber	0.2 g	1%
Protein	1 g	--
Total fat	0.25 g	0%
Cholesterol	0 mg	0%
VITAMINS		
Vitamin C	72 mg	120%
Vitamin A*	17 IU/1087 IU	0%/22%
Thiamin	0.10 mg	7%
Folate	25 mcg DFE	6%
Niacin	0.57 mg	3%
Vitamin B6	0.05 mg	2%
MINERALS		
Potassium	378 mg	11%
Magnesium	25 mg	6%
Iron	0.49 mg	3%
Calcium	17 mg	2%
Sodium	2 mg	0%

Source: USDA National Nutrient Database for Standard Reference, Release 21. NDB 09123. Accessed 10/21/2008. Vitamin A value for pink/red juice from NDB 09404 - grapefruit juice, pink, raw.

* Values for white and pink/red grapefruit juice, respectively.

Typical nutritional values shown may vary based on the variety of citrus fruit used for the juice, brand of juice, and form of the juice (i.e., not-from-concentrate versus from concentrate). Refer to the USDA Nutrient National Nutrient Database for Standard Reference at <http://www.ars.usda.gov/> or check with your citrus juice vendor for additional information.

For more information, please visit www.GoFloridaGrapefruit.com