

# Florida GRAPEFRUIT

## *Get Healthy Naturally* WITH HELP FROM FLORIDA GRAPEFRUIT AND 100 PERCENT GRAPEFRUIT JUICE

Aiming to look glamorous for your upcoming reunion or big night out with friends? Start with the nutrients in all-natural Florida grapefruit and 100 percent grapefruit juice! Grapefruit can provide head-to-toe health and wellness benefits to help keep you looking like a glam gal every day. Both are packed with the antioxidant vitamin C, and are fat free - making them an ideal part of any weight-management regimen. Check out these juicy benefits of Florida grapefruit:

- ◉ **THINK “PINK” WHEN YOU DRINK!** 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 provides more nutrients per calorie than many other commonly consumed 100 percent fruit juices, including apple, grape, pineapple and prune.\*
- ◉ **PUT UP A FIGHT - AGAINST FREE RADICALS.** Both one half of a Florida grapefruit and 8-ounces of grapefruit juice contain antioxidants and phytochemicals. Antioxidants, such as vitamin C, help neutralize free radicals that can damage cells and may lead to infection, certain chronic diseases like cancer and heart disease, and even the appearance of aging.
- ◉ **GET RID OF THAT “JUNK” IN YOUR TRUNK.** If you’re striving to achieve a healthy weight, consume fruits and vegetables with high water content, like grapefruit, to help you feel fuller and satisfied. Grapefruit juice is fat-free and has fewer calories than most commonly consumed 100% fruit juices at fewer than 100 calories per 8-ounce glass. Half of a Florida grapefruit is fat-free and contains 60 calories.
- ◉ **REJUVENATE FROM THE INSIDE.** The invigorating taste of Florida grapefruit helps provide your body a natural boost in energy while delivering essential nutrients like vitamin C, and vitamin A in pink grapefruit, making it an ideal and refreshing snack post-workout and any time.
- ◉ **IMMUNE SYSTEM SUPPORT.** 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 to support a healthy immune system year round. A properly functioning immune system is necessary to help ward off seasonal sickness and maintain energy levels.

\* 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 1/2 MEDIUM GRAPEFRUIT (154 G)

NUTRIENT	AMOUNT (% Daily Value*)
Calories	60 kcal
Calories from fat	0
Total carbohydrate	15 g (5%)
Dietary fiber	2 g (8%)
Sugars	11 g
Protein	1 g
Total fat	0 (0%)
Sodium	0 mg (0%)
Potassium	160 mg (5%)
	(% Daily Value*)
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/](http://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)

NUTRIENT	AMOUNT	% Daily Value
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%
<b>VITAMINS</b>		
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%
<b>MINERALS</b>		
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.

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.

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

For more information, please visit [www.GoFloridaGrapefruit.com](http://www.GoFloridaGrapefruit.com)