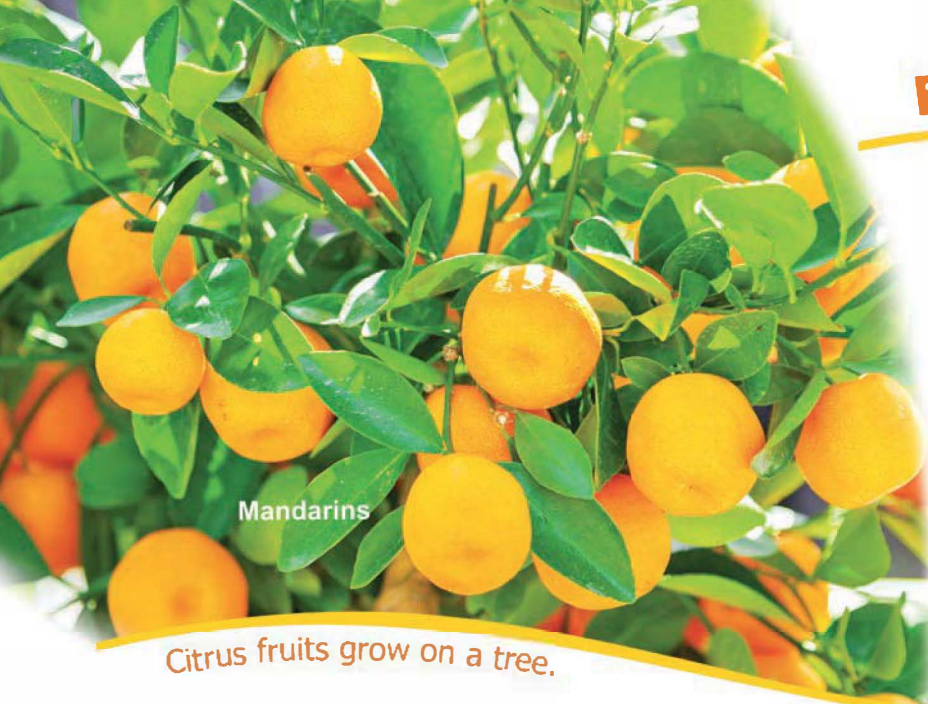


## February ■ Citrus Fruits



Citrus fruits grow on a tree.

### Nutrition Facts

Serving Size: ½ cup mandarin, sections (98g)

Calories 52      Calories from Fat 0

% Daily Value

Total Fat 0g      0%

Saturated Fat 0g      0%

Trans Fat 0g

Cholesterol 0mg      0%

Sodium 2mg      0%

Total Carbohydrate 13g      4%

Dietary Fiber 2g      7%

Sugars 10g

Protein 1g

Vitamin A 13%      Calcium 4%

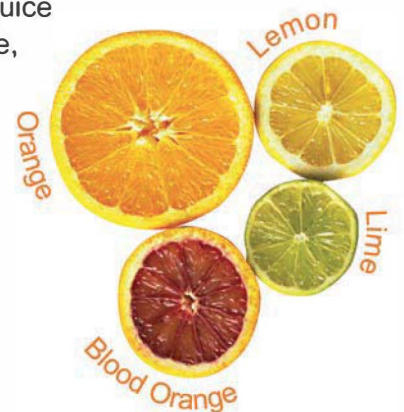
Vitamin C 43%      Iron 1%

Other nutrients: Potassium (5%)

Source: [www.nal.usda.gov/fnic/foodcomp/search/](http://www.nal.usda.gov/fnic/foodcomp/search/)

NDB No: 09218

- A ½ cup of mandarin orange sections is a source of potassium.
- There is no waste in the processing of citrus fruits. The juice is used for fresh juice and refined into vinegars and syrups; the peel is used to make oils, marmalade, pectin, and citric acid; seeds are used to make oils.
- Clementine mandarins are available from November to January leading to their nickname as “Christmas Oranges.”
- Watch this video and learn about a citrus farmer! <http://bit.ly/1Dgo85t>



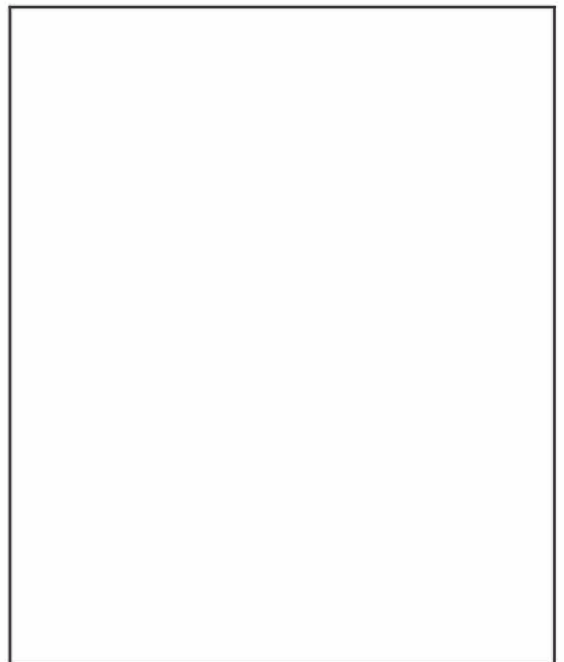
### Activity

- Visit <http://bit.ly/2HEt65L> to learn all about the parts of the plant and how we eat them. Then, play “Supermarket Botany” and see the different parts of the plant we eat!

Based on the information above, draw an orange tree and label the parts we eat.

### Sunny Breeze

<https://goo.gl/KnMbK9>



# rethink YOUR DRINK


Sugar can be in foods and drinks in two ways:

- Naturally, like in fruit and dairy products, which is part of the overall healthy package of nutrients that these foods have
- Added sugar, which adds calories but little or no nutrients

Rethink Your Drink by:


- Drinking water instead of sugary drinks
- Switching to non-fat or low-fat (1%) milk instead of whole milk
- Selecting 100% fruit juice, but in limited amounts, and no more than 4-6 ounces per day
- How many teaspoons of added sugar are in these drinks?





12-ounce can of soda =

\_\_\_\_\_ teaspoons









20-ounce juice drink =

\_\_\_\_\_ teaspoons



20-ounce sports drink =

\_\_\_\_\_ teaspoons



- How many teaspoons of sugar does water have? \_\_\_\_\_
- Set a healthy beverage goal!

I will drink less \_\_\_\_\_ and more \_\_\_\_\_.