

# Oranges

## **Nutrition value**

Oranges are rated just as high as apples for nutritional value. They are an excellent source of fiber and vitamin C, as well as a wealth of antioxidants, folate, potassium, and calcium. And a medium orange has only 80 calories and a relatively low glycemic index.

## **Health benefits**

Higher intake of oranges has been associated with reduced risk of lung cancer and rheumatoid arthritis.

High blood levels of vitamin C may combat ulcers—and stomach cancer—by reducing levels of *Helicobacter pylori* bacteria.

Consumption of citrus fruit was linked to lower stroke risk in a study of more than 70,000 women (Tufts Health & Nutrition update, March 2012).

## **Fruit vs. juice**

Eating an orange is better than drinking orange juice. Juices lose half or more of the biologically active compounds found in the fruit, and contain less fiber. When shopping for orange juice, choose juice with more pulp to provide more fiber, and avoid “blends” (added sugar) and “light” juice (added water). For a lighter drink, just add water to your regular orange juice.

(Tufts Health and Nutrition Newsletter, Jan. 2010)

## **Have you tried**

Mixing orange slices with low-fat yogurt for a snack?

Tossing orange segments in green and spinach salads?

Sautéing sliced cooked beets with orange juice?

Adding orange segments to a tuna fish salad sandwich?

# Orange Recipes

[Orange Salsa](#)

[Spicy Orange Salad, Moroccan style](#)