

# Citrus Fruits

## MORE THAN JUST VITAMIN C

### What's *INSIDE* citrus fruits?

All citrus fruits contain health promoting **bioactives**, **essential nutrients**, and **fibre**<sup>1,2</sup>.

It is this unique, whole food package that delivers health benefits, as part of a balanced diet.

#### ESSENTIAL NUTRIENTS

Vitamin C, potassium, and folate<sup>1</sup>.

#### FIBRE

A balance of soluble and insoluble fibres<sup>2</sup>, including prebiotic fibre for good gut bacteria<sup>3,4</sup>.

#### CITRUS BIOACTIVES

Healthful compounds that contribute to the bright colours, flavours, smells, and antioxidant activity<sup>1</sup>.

Some citrus bioactives (like hesperidin) are not commonly found in other foods<sup>5</sup>.



### 3 REASONS to eat more CITRUS



#### IMMUNITY

1 serve of citrus fruits can provide up to 179% of your daily vitamin C needs<sup>6,7</sup> and can support immunity.



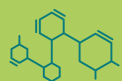
#### HEART HEALTH

Citrus fruits can lower the risk of cardiovascular disease.



#### BRAIN HEALTH

Citrus fruits may improve short-term brain function and help to lower the risk of depression and dementia.



#### CITRUS BIOACTIVES

✓ antimicrobial and anti-inflammatory effects to support the functioning of the immune system<sup>8</sup>.

✓ antioxidant, anti-inflammatory, and lipid-lowering effects to support the heart and arteries<sup>8,9</sup>.

✓ reduces inflammation and increases brain supporting proteins<sup>8</sup>.



#### ESSENTIAL NUTRIENTS

✓ vitamin C can reduce the duration and severity of the common cold<sup>8</sup>.

✓ potassium can lower blood pressure<sup>10</sup>.

✓ vitamin C has antioxidant effects that can help to protect brain health<sup>11</sup>.



#### FIBRE

✓ soluble fibre feeds the good gut bacteria for a healthy immune system<sup>8</sup>.

✓ soluble fibre can help to lower cholesterol<sup>12</sup>.

✓ soluble fibre feeds the good gut bacteria which can help to protect brain health<sup>11</sup>.

# What is 1 SERVE of citrus?<sup>6,7</sup>

DI = Daily Intake



1 ORANGE  
(150 G)



2 MANDARINS  
(150 G)



1 LEMON  
(100 G)



2 LIMES  
(100 G)



½ GRAPEFRUIT  
(150 G)

The sugars in citrus fruits are naturally occurring<sup>7</sup>.

All citrus fruits are low in sodium<sup>7</sup>.

Essential nutrients<sup>3</sup>:

	1 ORANGE (150 G)	2 MANDARINS (150 G)	1 LEMON (100 G)	2 LIMES (100 G)	½ GRAPEFRUIT (150 G)
Energy kJ (DI%)	263 (3%)	300 (3%)	107 (1%)	113 (1%)	242 (3%)
Carbohydrates g (DI%)	12.6 (4%)	14.6 (5%)	1.9 (<1%)	1.2 (<1%)	10.7 (3%)
Sugars g (DI%)	12.6 (14%)	14.6 (16%)	1.9 (2%)	1.2 (1%)	10.7 (12%)
Sodium mg (DI%)	2 (0%)	4 (0%)	2 (0%)	3 (0%)	2 (0%)
Fibre g (DI%)	3.2 (11%)	2.3 (8%)	1.5 (5%)	3.0 (10%)	2.7 (9%)
Vitamin C mg (DI%)	71 (179%)	44 (108%)	35 (88%)	31 (78%)	63 (158%)
Folate µg (DI%)	83 (42%)	39 (20%)	11 (6%)	8 (4%)	21 (11%)
Potassium mg	270	240	120	83	218
Total polyphenols (bioactives) mg <sup>14,15</sup>	419	363	60	211	114

## 9 ideas to add a citrus BOOST

### WHOLE AS A SNACK



SLICES IN  
WATER OR TEA

### AS JUICE



GRILLED  
ADDED TO MEALS



FREEZE  
JUICE  
AS ICE  
BLOCKS



ADD LEMON JUICE  
& ZEST TO YOUR  
FAVOURITE SOUPS

USE LEMON OR LIME  
JUICE & ZEST TO CURE  
SEAFOOD  
OR BEEF



IN SALAD  
DRESSINGS



SLICE SEGMENTS  
INTO SALADS

## 6 zesty citrus FACTS



Citrus fruits were famously used to treat scurvy in sailors. Modern science revealed this to be due to the vitamin C content<sup>16</sup>.



Citrus fruits have been used for centuries in traditional medicine to help aid digestion, immunity, asthma, skin, and eye health<sup>17</sup>.



Citrus fruits are available all year round and stay fresh for longer than most other fruits<sup>18</sup>.



Squeezing lemon juice over cut fruits (like apple and avocado) slows oxidation and reduces browning<sup>19</sup>.



The outer peel of citrus fruits (called the 'zest') is edible and can be added to meals for an extra nutrition boost<sup>20</sup>. This means that citrus fruits can be a zero waste food.



Citrus fruits are compatible with minimally processed, plant-based, Mediterranean-style, low FODMAP and gluten free diets<sup>21,22</sup>.

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delicious citrus  
recipes

