

Orange



NUTRITIONAL VALUE

Oranges have vitamin C, which helps your body heal and supports your immune system.

FOCUS ON WHOLE FRUITS

Make half your plate fruits and veggies!

Oranges count as a fruit. Try oranges and other colorful fruits to stay healthy!



WHAT IS IT?

Oranges are a popular fruit in the U.S. They come in many kinds and grow in warm places. Enjoy them fresh or as juice in the winter months.

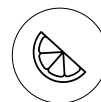
FUN FACTS & TIPS



Spanish explorers brought orange trees to Florida in the 1500s.



Most oranges in the U.S. are grown in Florida, and 9 out of 10 of them are used to make juice.



Try adding orange segments to a leafy green salad for a burst of flavor.



Scan QR code to find more NE Team Nutrition resources.



This resource was created based on similar MyPlate Food Fact Cards developed by the USDA, which can be accessed at https://www.myplate.gov/resources/print-materials?f%5B0%5D=resource_type%3A1177. This project was funded using U.S. Department of Agriculture grant funds. This institution is an equal opportunity provider.

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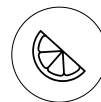
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ORANGE JUICE DETECTIVE

Fresh orange juice and soda are very different!
Can you figure out which drink each fact belongs to?



Check the correct box.






 Comes from fruit	<input type="checkbox"/>	<input type="checkbox"/>
 Has natural Vitamin C	<input type="checkbox"/>	<input type="checkbox"/>
 Usually contains added sugar	<input type="checkbox"/>	<input type="checkbox"/>
 Has bubbles (carbonation)	<input type="checkbox"/>	<input type="checkbox"/>
 Gives your body healthy energy	<input type="checkbox"/>	<input type="checkbox"/>

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