

Fruit of the Month: Oranges

Did You Know?

- Oranges originated in Southeast Asia
- Oranges are modified berries
- The best way to store oranges is loose rather than wrapped up
- About 85% of all oranges produced are used for juice
- There are over 600 varieties of oranges worldwide



Try-It-Tuesday!

Be on the lookout for a
mandarin orange parfait
on
February 20th

Nutrition Facts			
Serving Size 1 medium orange (154g)			
Amount Per Serving			
Calories 80		Calories from Fat 0	
		% Daily Value	
Total Fat 0g		0%	
Saturated Fat 0g		0%	
Trans Fat 0g		0%	
Cholesterol 0mg		0%	
Sodium 0mg		0%	
Total Carbohydrate 19g		6%	
Dietary Fiber 3g		12%	
Sugars 14g			
Protein 1g			
Vitamin A 2%		Vitamin C 130%	
Calcium 6%		Iron 0%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9	Carbohydrate	4	Protein 4

