



Pick a better snack – Oranges **Peel. Eat. How easy is that?**

Are you looking for a sweet and healthy treat for snacks? Add a bright and juicy orange! Winter is the season for one of the tastiest varieties of orange, the navel orange. Named for the little bump on the fruit that looks like a belly button – or navel – the navel orange is known for being seedless, easy to peel and juicy. This makes it the perfect on-the-go snack.

January is National Tea Month, and while we typically think of China for its tea, did you know that the country could also be known as the mother of the modern day orange? The first oranges were grown in China almost 5,000 years ago! The fruit didn't make it to the Americas until Christopher Columbus introduced it to the Caribbean in 1493.

When choosing oranges, look for firm fruit that feels heavy for its size. Don't worry if the outside of the fruit is a little green. When oranges are left on the tree for the summer months, a natural pigment called chlorophyll returns to the skin, causing a greenish hue. Just keep in mind that the color of the skin doesn't affect the taste of the fruit.

Take oranges with you!

- Athletes have long touted the benefits of oranges because eating orange slices can give a quick boost of energy. Going for a brisk walk? Eat a few orange slices before you go to give your walk a jumpstart.
- For a low-fat snack, toss orange slices with salad greens and almond slivers. The juice from the orange will coat the greens, making a tasty salad.
- Dip orange slices in fruit-flavored yogurt for a tasty snack.
- Canned mandarin oranges also make great snacks, especially for children. Eat them right out of the can, or use them in salads.

Quick Nibble:

A popular demonstration at the 1922 Los Angeles County Fair was how to make toothpaste from orange by-products. www.HungryMonster.com

For more nutrition information, contact your local Extension Office. Click here www.oznet.ksu.edu/fnp/Staff/FNP_Counties.html

Funding provided by Food Assistance Program and the United Methodist Health Ministry Fund. Pick a **better** snack campaign developed by the Iowa Nutrition Network and Iowa Team Nutrition.

