



# HEALTH BENEFITS OF ORANGES

## Health Benefits of Oranges

Oranges are a popular citrus fruit that comes in different varieties: Naval, clementine, and blood orange. One orange provides 100% of the Recommended Daily Allowance (RDA) for vitamin c.



**1 medium (3 inch) orange provides:**

- 60 calories, 1 gram protein, 3 grams fiber, no fat, no cholesterol

**Potential benefits of consuming oranges:**

- Rich source of vitamin C
  - Improves wound healing
  - Increases iron absorption
  - Protects against free radicals associated with aging and disease

- Contains B vitamins
  - Antioxidant beta-carotene
  - Thiamine for converting food into fuel
  - Folate which protects against birth defects, heart attack and stroke
- Good source of potassium
  - Helps to lower blood pressure
- Contains calcium
  - Strong bones and muscle contraction (especially the heart).
- Good source of dietary fiber
  - Helps to regulate digestion
  - Lower cholesterol levels
  - Helps with weight loss