# **Fresh GRAPEFRUIT**

#### FOODS Fact Sheet credit united states department of agriculture

## **PRODUCT DESCRIPTION**

- ✓ Grapefruit is No. 1 or better fresh, whole fruit.
- ✓ Grapefruits may be red seedless, pink seedless, or white seedless.

# PACK/YIELD

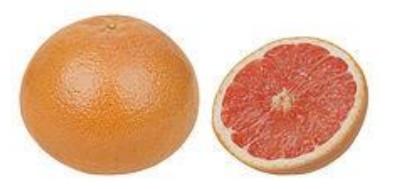


- ✓ 900523: 3 pound bag (about 6 per bag)
- ✓ 900521: 5 pound bag (about 10 per bag)
- ✓ 900520: 1 pound bag (about 2 per bag)

### STORAGE

- ✓ Grapefruit is best stored in the refrigerator.
- ✓ Store cut grapefruit in a container not made from metal in the refrigerator.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at:

http://www.fns.usda.gov/fdd/facts/biubguidance.htm.



#### **NUTRITION FACTS**

Serving size: ½ medium grapefruit (½ cup) Amount Per Serving

Calories	40	Calor	ies from Fat	t 0
			% Daily	Value
Total Fat Og				0%
Saturated Fat 0.5g				0%
Trans Fat 0g				
Cholesterol Omg				0%
Sodium Omg				0%
Total Carbohydrate 10g				3%
Dietary Fiber 1g				5%
Sugars 9g				
Protein 1g				
Vitamin A	0%	6	Vitamin C	70%
Calcium	2%	, 0	Iron	0%
*Percent Daily V	alues are l	based on	a 2,000 calorie	diet.

### **USES AND TIPS**

- Fresh Grapefruit is a quick and easy snack or part of a nutritious breakfast. Serve cut into halves.
- Grapefruit sections are a great addition to fruit salads or green salads.
- ✓ 1/2 of a grapefruit provides 1/2 cup of fruit in the MyPlate.gov Fruit Group.
  For a 2,000-calorie diet, the daily recommendation is about 2 cups of fruits.
- <sup>1</sup>/<sub>2</sub> of a grapefruit provides 70% of the daily recommended amount of vitamin C.

### **OTHER RESOURCES**

- www.nutrition.gov
- www.choosemyplate.gov
- www.fns.usda.gov/fdd/

