

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 **Calories from Fat** 0

		% Daily Value*
Total Fat	0g	0%
Saturated Fat	0.5g	0%
<i>Trans</i> Fat	0g	
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carbohydrate	10g	3%
Dietary Fiber	1g	5%
Sugars	9g	
Protein	1g	
Vitamin A	0%	Vitamin C 70%
Calcium	2%	Iron 0%

*Percent Daily Values are 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.**
- ✓ **½ of a grapefruit provides ½ cup of fruit in the MyPlate.gov Fruit Group. For a 2,000-calorie diet, the daily recommendation is about 2 cups of fruits.**
- ✓ **½ 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/

