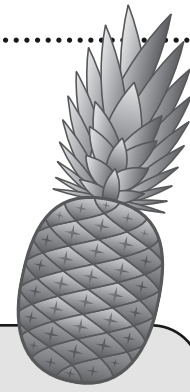


TRY THIS AT HOME:

Citrus & Pineapple Medley



You will need:

2 cups of orange sections
(fresh or canned)
1 cup of grapefruit sections
(fresh or canned)

PREP TIME: 5 minutes

1 cup canned pineapple chunks
Help from an adult

Oranges, grapefruit, pineapple... Oh my!

1. Drain canned fruit.
2. Combine all fruit in a medium bowl.
2. Chill in the refrigerator.
3. Enjoy!

SERVING SIZE: 3/4 cup (serves 5)

Fun Fact

Fruits differ in nutritional content so it is important to vary your fruit choices. Citrus fruits are high in vitamin C. Vitamin C helps your body fight off infections and heal cuts and scrapes. It keeps your teeth and gums healthy too. Eat 3/4 cup of Citrus Salad Medley on your way to 1 1/2 cups of fruits a day!