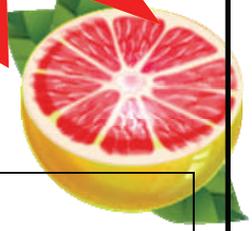


Brought to you by the Eastern Highlands Health District through a grant from the CT Department of Public Health for obesity prevention.

The produce of the week is...

Grapefruit



You can find POW! info sheets on the EHHD website!

www.ehhd.org

Look for

Produce of the Week

What fruit is a cross between an orange and a shaddock?
GRAPEFRUIT!

- ◇ Common varieties include pink and ruby red
- ◇ Select grapefruit that are glossy, round, smooth, and heavy for their size
- ◇ Avoid grapefruits that have brown spots or soft spots
- ◇ You can store grapefruits in the refrigerator for several weeks, or at room temperature for up to a week
- ◇ Allowing a refrigerated grapefruit to come to room temperature before eating will increase the flavor!

Nutrition Facts:

- **One serving is 1/2 of a grapefruit; it contains 60 calories**
- **Grapefruit is an excellent source of vitamin C and a good source of vitamin A**
- **Grapefruit contains no fat, or sodium**

Did you know?
Grapefruit can interfere with some medications!
Ask your pharmacist about any medications you take.

Count it out!

Keep track of the fruits and veggies that you eat each day by coloring in a different piece of triangle every time you have a fruit or veggie. Try to eat a rainbow of colors and eat at least 5 servings of fruits or veggies each day.

Day 1



Day 2



Day 3



Day 4



Day 5



Day 6



Day 7





Try these delicious, nutritious and healthy recipes!

Fancy Brunch Grapefruit

4 Servings

INGREDIENTS

- ♦ 2 whole grapefruits
- ♦ 1/2 T sugar
- ♦ 1/2 T cinnamon
- ♦ 1/2 tsp nutmeg
- ♦ 1/2 tsp cloves

DIRECTIONS

1. Cut grapefruit in half; section with a knife (or this step can wait until they are cooked)
2. Combine sugar and spices
3. Place grapefruit halves on a cookie sheet and sprinkle with sugar mixture
4. Place in an oven and broil for about 5 minutes, until beginning to brown
5. Eat warm!

(An alternate preparation method provides a classy touch: remove each section from the grapefruit half; clean out the 'skin' of all pulp and connecting membranes; replace grapefruit sections and sprinkle with sugar mixture before broiling as directed.)



Island Seafood Salad

6 Servings

INGREDIENTS

Dressing:

- ♦ 3/4 cup orange juice concentrate
- ♦ 1/4 cup water
- ♦ 1/4 cup red wine vinegar
- ♦ 1/4 cup olive oil
- ♦ 3 cups cooked seafood (shrimp, crab, etc)
- ♦ 20 oz salad greens
- ♦ 1 grapefruit, peeled & sectioned
- ♦ 2 kiwis, peeled and sliced
- ♦ 2 cups cubed pineapple
- ♦ 2 tomatoes, wedged

DIRECTIONS

1. To make the dressing, combine juice, water and vinegar in a blender. Blend on low and add oil slowly and blend until thickened. Add salt and pepper to taste. Refrigerate.
2. Toss seafood with 2 tablespoons of dressing; set aside. Place salad greens on plates and top with seafood. Arrange fruits and tomato around plate and top with remaining dressing.

Recipes adapted from allrecipes.com

Caution: Make sure to try all of these recipes under the supervision of an adult and be careful of food allergies! Happy and healthy cooking!