



This month  
we're celebrating  
**citrus**

Discovery  
KITCHEN

## DID YOU KNOW?

- You should eat an orange after working out! Citruses are linked reducing muscle fatigue after strenuous exercise.
- Citrus fruits are an excellent source of immune-boosting vitamin C.
- An 8 oz. glass of orange juice contains more calcium than a glass of cow's milk (350 mg vs 300)!
- Just one orange contains 100% of a person's recommended daily intake of vitamin C.
- Grapefruits got their name because they grow in clusters on a tree, just like grapes!