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Health Benefits of Oranges


1 medium (3") orange provides:

- 62 Calories, 1 gm protein, 3 gm fiber, no fat, no cholesterol

Potential benefits of consuming oranges:

- Rich source of vitamin C for wound-healing, iron absorption and protection against free radicals associated with aging and disease
- Contain B vitamins like the antioxidant beta-carotene, thiamine for converting food into fuel, and folate which protects against birth defects, heart attack and stroke
- Good source of potassium for lowering blood pressure
- Contain calcium for strong bones and muscle contraction, especially important for the muscles of your heart
- Good source of dietary fiber which helps regulate digestion, lowers cholesterol levels and aids in weight loss
- Eat whole or toss in salads, vegetable sides, or with food sources of iron

This popular citrus fruit comes in varieties like naval, clementine and blood orange. One 3" orange provides 100% of the RDA for vitamin C.



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