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# A FRESH Start. A HEALTHY Year.

Make good on your New Year's resolution and get in shape with Florida Grapefruit

Kick off the year with an invigorating zing and make all-natural Florida grapefruit and grapefruit juice a part of your daily routine. Grapefruit is packed with vitamin C and naturally provides other antioxidants that can help neutralize free radicals that can damage cells and tissue and lead to heart disease, cancer, and premature aging.



## Citrus Benefits

Refresh your mind and your body with these juicy tidbits

- Pink grapefruit contains lycopene, which some studies suggest may help in the fight against certain cancers and heart disease
- The American Heart Association® recognizes Florida grapefruit with a "heart-check mark" used to designate foods low in sodium, cholesterol and fat
- Just half of one medium grapefruit contains a host of phytonutrients (some which may function as antioxidants) and over 100% of the Daily Value for vitamin C
- Pink grapefruit juice has among the highest nutrient-density scores of commonly consumed fruit juices including apple, grape, pineapple and prune\*
- Grapefruit contains pectin, a soluble fiber that may help maintain healthy cholesterol levels

\*Journal of Food Science. 2007;72(4):S261-S266

JANUARY 2008

MON	TUE	WED	THU	FRI	SAT	SUN										
 <b>1</b> Starting the year and your day with a glass of grapefruit juice can help support a healthy immune system.	 <b>2</b>	 <b>4</b> January is peak season for fresh grapefruit, so don't forget to put a few in your grocery cart!	 <b>5</b> Have a dinner party and instead of limes, use grapefruit wedges to garnish beverages.	 <b>6</b>	 <b>7</b> Eat a quick, delicious breakfast. Sprinkle brown sugar on half a grapefruit and warm it in the oven.	 <b>8</b>	 <b>9</b>	 <b>10</b>	 <b>11</b> Beauty secret: The vitamin C in grapefruit juice helps produce collagen, which supports healthy, smooth-looking skin.	 <b>12</b>	 <b>13</b> Sip an 8-ounce glass of grapefruit juice after a workout to recharge.					
 <b>14</b>	 <b>16</b> Quick dinner idea! Dice grapefruit and spoon it over spicy chicken for a delicious hot, tangy combination.	 <b>17</b>	 <b>18</b>	 <b>19</b> Invite friends over for dinner and add a little grapefruit juice to the BBQ sauce for a zesty tang.	 <b>20</b>	 <b>23</b>	 <b>24</b> Treat yourself to a sweet surprise and add grapefruit segments to your salad.	 <b>25</b>	 <b>26</b>	 <b>27</b> Fast fact: The vitamin C in grapefruit juice may help the body more readily absorb iron from plant-based foods like spinach.	 <b>28</b> Invite friends to watch the game, and mix diced grapefruit into the salsa for a twist on chips and dip.	 <b>29</b>	 <b>30</b> Include nutrient-dense foods like grapefruit juice in your diet to help cut down on empty calories.	 <b>31</b>		

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Stick to your resolution to help your body stay healthy with the tasty recipes on the flipside of this calendar. >>>



# Delicious Citrus

Try these healthful Florida grapefruit recipes, rich in life-long rewards

GO FLORIDA GRAPEFRUIT RECIPES

DEVELOPED BY "SKINNY CHEF" JENNIFER ISERLOH

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## Grapefruit & Yogurt Pops

MAKES 8 - 2.5 OZ. POPSICLES

Beat your craving for cold and sweet with this cool dessert—the perfect post-workout snack. Fresh grapefruit provides the antioxidant vitamin C and can help boost energy after strenuous activity. Vitamin C is also needed for the collagen production, which may help support healthy, smooth looking skin. Plus, the high-protein yogurt in this snack aids in digestion and keeps hunger at bay.

- 2 cups plain, low-fat yogurt
- 2 cups Pink grapefruit sections
- 1 tsp. grapefruit zest
- 1 tsp. lemon or orange extract
- 1 cup powdered sugar

Combine all ingredients in a blender or food processor and mix until smooth. Pour into popsicle molds and freeze.



## Almond Crusted Chicken with Grapefruit Basil Salad

SERVES 4

This dish is a delicious, healthy twist on traditional baked chicken. The grapefruit and grapefruit juice in the salad contain magnesium to support bone health and help the body generate energy. Fiber-rich flax and other superfood ingredients kick up the nutritional value, while the almonds in the dish can help boost energy and support a healthy immune system.

- 1 cup sliced almonds
- 2 tbsp. ground flax meal
- 1 tsp. salt, divided
- 2 egg whites
- $\frac{3}{4}$  tsp. freshly ground black pepper
- $\frac{1}{2}$  cup whole wheat bread crumbs or whole wheat cracker crumbs
- 4 boneless, skinless chicken breasts (about 2 lbs.)
- 3 tbsp. olive oil
- 2 tsp. Dijon mustard
- 1 Pink grapefruit
- $\frac{3}{4}$  cup chopped fresh basil
- 2 heads Boston or Bibb lettuce, torn (about  $\frac{1}{2}$  lb.)
- 1 lb. green beans, steamed 2-3 minutes until crisp-tender
- Non-stick cooking spray



Coat a large cookie sheet with cooking spray. Preheat oven to 425°F. Place almonds, flax meal and salt on a large piece of wax paper or aluminum foil. Mix with fingertips until the flax is well combined. Place egg whites in a shallow bowl. Sprinkle chicken with half the salt and pepper on both sides. Dip chicken in egg and press into the bread crumb mixture to coat both sides. Transfer to baking sheet and

spray the top of the chicken with cooking spray. Bake for 10 to 15 minutes or until chicken is no longer pink in the center and the topping is crunchy.

Meanwhile, mix olive oil, mustard, basil and remaining salt in a large bowl. Cut one half of the grapefruit into sections. Squeeze juice from the other half into the large bowl. Add grapefruit sections, lettuce and green beans; toss. Serve immediately with chicken.