

The Glamour of Grapefruit



"SKINNY CHEF" JENNIFER ISERLOH DISHES HER SECRETS ON HOW TO GET THE MOST FROM THIS SWEET FRUIT

Reap delightful rewards from Florida's super fruit—grapefruit. It's now in peak season and offers more than just delicious, juicy taste; it's a nutritional powerhouse packed with antioxidants to help your body fight disease and give skin a healthy glow. Both grapefruit and grapefruit juice offer culinary versatility infusing many of my dishes with citrusy sweetness. Bottom line, grapefruit helps me look and feel great!



TRY SOME OF MY FAVORITE TIPS:

RADIANCE IN A GLASS

Just one 8-ounce glass of Florida grapefruit juice gives you more than 100 percent of your Daily Value of vitamin C! This vital antioxidant has been found to help maintain collagen production, which is needed for healthy skin and gums. Regular consumption of vitamin C can help support healthy, youthful looking skin, even when exposed to sun and wind. Florida grapefruit juice comes close to being an all-natural fountain of youth!

WATCH YOUR WAIST

One-half of a Florida grapefruit is fat free and contains 60 calories. Plus, the fiber in grapefruit helps you feel full and satisfied. Thirsty? An 8-ounce serving of Florida grapefruit juice provides energy and nutrients that make it an ideal way to rejuvenate post-workout. Staying slim can be that much easier when you integrate grapefruit into your healthy diet and exercise regimen.

THAT'S A GOOD LOOKING DISH

I love to toss Florida grapefruit with low-fat proteins and plenty of veggies to make a nourishing meal with a benefiting boost that's good for my heart. Try a zesty Asian-inspired marinade by stirring together equal parts Florida grapefruit juice and soy sauce. Let your chicken chill out in the sauce. Simmer in a skillet. Mix with steamed veggies and toasted almonds.

FRESH & FABULOUS

The beneficial components of Florida grapefruit make it a popular ingredient in soaps and other beauty products. Don't spend the moolah on expensive items when you can create a spa-like experience at home with *the* pick of the produce aisle.

• A DELECTABLE SCRUB

Rub your fingers and toes with a slice of Florida grapefruit dipped in sugar to brighten nails and soften hands and feet. Rinse, then apply your favorite body oil or lotion and revel in the softness.

• BE FIRM FACED

Whip up this skin-firming mask in your kitchen. Add a tablespoon of grapefruit juice and a tablespoon of carrot juice to 1 cup of plain yogurt. Stir in a ½ cup of ground rice. Spread mixture on your face. Leave on about 40 minutes; rinse with warm water.



MEET SKINNY CHEF JENNIFER ISERLOH

Jen, a private chef and recipe developer for families and celebrities, has a special place in her palate and expertise for foods that can help you be beautiful inside and out. She's battled the bulge herself and makes it a way of life to share her skinny hints, tips and recipes with people who want to live a healthier life and lifestyle. Check out more of her grapefruit recipes and insight at GoFloridaGrapefruit.com and at SkinnyChef.com.

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