



How Many Citrus Fruits Can You Name?

Citrus is a big family, like apples. A short list of citrus includes lemons, limes, grapefruit, ugli fruit, navel oranges, cara cara oranges, blood oranges, mandarin oranges, pomelos and tangerines.



Nutrition

- All types of citrus are nutritionally similar.
- Citrus are a source of vitamins and minerals, including vitamin C, folate and potassium.
- One medium navel orange contains around 60 calories, 15g carbohydrates, and 3g fiber. They are not a significant source of fat, protein or sodium.



Price

- Fresh tangerines average \$1.48 per pound.
- Fresh oranges average \$1.10 per pound.
- Fresh grapefruit average \$1.01 per pound.
- Ready-to-drink orange juice and grapefruit juice average \$0.42 per 8-ounces (or 1 cup).



Shopping

- Buy fresh citrus in-season in winter months for better quality and lower prices.
- Look for citrus that is firm to the touch, with a slight give. Avoid fruit that is overly soft or molding.
- For canned citrus, buy brands packed in 100% juice or light syrup instead of heavy syrup. Some brands may pack fruit in alternative sweeteners, if you prefer those.
- For juiced citrus, buy 100% juice, instead of fruit juice cocktails or juice drinks.

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Source: U.S. Department of Agriculture, Fruit and Vegetable Prices

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Storage

- Fresh citrus can be stored at either room temperature or in the refrigerator. Refrigeration tends to keep citrus at peak quality for longer.



Preparation

- Wash fresh citrus under cool water before peeling.
- Once fresh citrus is peeled and once canned citrus jars are opened, any extra not eaten right away needs to be refrigerated in a covered container.
- Shelf-stable juices will need to be refrigerated once opened too.



Eat

- Sweet citrus, such as oranges and tangerines, are tasty to eat with a meal or as a snack.
- Both sweet citrus and sour citrus, like lemons, are great in savory recipes, desserts, and marinades.

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