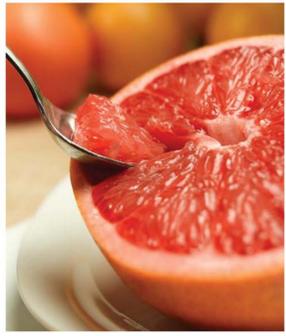


# Eat Grapefruit



## Snack Idea:

Combine grapefruit sections, sliced banana, and raisins with low-fat yogurt.



## Produce Tip:

For the best flavor, enjoy grapefruit at room temperature.



## Health Tip:

Grapefruit is an excellent source of Vitamin C, which helps lower the risk of infection.



For CalFresh information, call 530-225-5767. Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer. Visit [www.cachampionsforchange.net](http://www.cachampionsforchange.net) for healthy tips. California Department of Public Health.

