

VIS Nutrition Tip: Oranges are in season

Tuesday, 04 June 2013



Oranges are in season!

Packed with vitamin C, anti-oxidants and fibre, they are a great addition to your diet. An orange also contains over 170 different phytochemicals! Although that doesn't sound good for us, these substances may protect against common diseases.

Some people prefer to squeeze their oranges and drink the juice, rather than eat the whole fruit. While that's a good way to get concentrated nutrients and anti-oxidants, it can also result in a high energy (kilojoule) drink. Consider how many oranges go into filling a glass? You possibly wouldn't eat 4 or 5 oranges in one sitting, but when you take away the fibre and just drink the juice, it can be very easy to consume excess energy. Great if you have high energy needs or looking to gain weight, but not so good if that's not your goal.