



Grapefruit Juice, 100%, Unsweetened

MyPlate Food Group: **Fruit**

USDA
Foods

Nutrition Information

- $\frac{1}{2}$ cup of 100% fruit juice counts as $\frac{1}{2}$ cup of fruit in the ChooseMyPlate.gov Fruit group.
- Grapefruit juice contains vitamin C. Vitamin C helps to heal cuts and wounds and keeps your gums healthy.
- For specific information about grapefruit juice, please refer to the product's Nutrition Facts Panel or ingredient list.

Uses and Tips

- When thirsty, reach for water first. Freeze 100% juice in ice cube trays and use frozen cubes to flavor water.
- When giving juice to children, fill half of the cup with water and the other half with juice.
- Have ready-to-go containers filled with water or healthy drinks available in the refrigerator.
- Want to cut back on soda but still want a sweet refresher? Try mixing $\frac{1}{2}$ a glass of 100% juice with $\frac{1}{2}$ a glass of club soda or ice cold water.

Storing Foods at Home

- Store unopened bottles in a clean, dry, cool place.
- After opening juice, refrigerate any unused juice.
- Look at the "Best if used by" or "Best by" date on the package. The juice will taste best if used before this date.

MyPlate Facts

- Juice should be consumed in moderation. Children should drink no more than 4 oz. of fruit juice per day.
- When possible, choose whole fruits such as canned, fresh, frozen, or dried fruits instead of juice.
- Sip smarter by choosing 100% fruit or vegetable juice, water, and other low-calorie beverages.
- 100% juice is part of the Fruit or Vegetable Group. Juice should make up less than half of the total recommended fruit or vegetable intake.



USDA Foods

Heartwarming Oatmeal with Fruits and Nuts

Makes 2 servings

Ingredients:

- ¾ cup grapefruit juice
- ¾ cup water
- ¼ teaspoon ground cinnamon
- ⅛ teaspoon salt
- ⅔ cup old fashioned oats
- 1 tablespoon brown sugar, firmly packed
- 2 oranges sectioned, chopped
- 4 dates (2 tablespoons), chopped
- 1 tablespoon almonds, slivered

Directions: Wash hands with soap and water.

1. In a medium saucepan, combine grapefruit juice, water, cinnamon, and salt. Bring mixture to a boil over high heat.
2. Stir in the oats and reduce the heat to medium-low. Cook for 5 minutes, stirring occasionally and remove from heat.
3. Cover the oatmeal and let stand for 8 minutes, or until desired consistency is reached (it will continue to thicken as it stands). Stir in brown sugar.
4. Spoon the oatmeal into bowls and top with oranges, dates, and almonds.

Recipe adapted from Produce for Better Health Foundation

Grapefruit Sorbet

Makes 8 servings

Ingredients:

- 2 cups grapefruit juice
- 2 tablespoons sugar
- 2 teaspoons lime juice

Directions: Wash hands with soap and water.

1. Combine all ingredients in a non-metal container. Freeze just until firm, about 2 hours.
2. Break up into pieces and put in a food processor or blender. Process until smooth.
3. Return grapefruit mixture to container and freeze until firm.
4. Remove from freezer about 10 minutes before serving. Spoon into serving dishes.

Recipe adapted from Ocean Spray