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## FOR IMMEDIATE RELEASE

### **Ward off cold and flu with fresh Florida citrus fruit this season**

*Boost immune system with natural food sources, full of nutrients and vitamins*

**TORONTO, ON** – (November 11, 2010) – As daily routines and seasons change, we are all challenged to ward off coughs, sniffles and flu bugs. In fact, over the course of a normal flu season, approximately one in ten adults and one in three children will catch the flu during the months from October to April<sup>1</sup>. Eating a well-balanced diet that contains vital nutrients will help boost your body's immune system which can keep cold and flu viruses at bay.

"Incorporating essential vitamins and nutrients, like Vitamin C, helps to maintain good health by increasing the activity of white blood cells which fight off germs from cold and flu viruses," says Lydia Knorr, MHSc, a Registered Dietitian with the Florida Department of Citrus. "Vitamin C energizes healthy blood cells and the most natural source can be found in Florida grapefruit and 100 per cent pure Florida grapefruit juice and orange juice.

According to Health Canada, eating at least one fruit or vegetable at every meal and as a snack will help you get the amount of fruit and vegetables you need each day. A healthy diet full of nutrients and vitamins fortifies the body's immune system to help fight infection and lessen the severity and length of a virus. Florida orange and grapefruit juice contains much-needed vitamins and nutrients such as vitamin C, potassium, magnesium, folate and phytonutrients.

#### **Cut out colds with vitamin C**

Vitamin C is one of the most powerful antioxidants since it neutralizes free radicals and helps fight conditions that can lead to poor health. *Health Canada* recommends between 75 and 90 mg of vitamin C each day for an average adult. By drinking just one eight-ounce serving of 100 per cent pure Florida orange juice or two servings of Florida grapefruit, which is one grapefruit per day, you can meet this target intake.

#### **Pump up the potassium**

Potassium plays an important role in maintaining cardiovascular health and has been associated with lower blood pressure and reduced risk of stroke. According to Health Canada, Canadian adults may not be getting an adequate intake of potassium.<sup>2</sup> 100 per cent Florida orange juice or grapefruit juice provides high levels of potassium, so make sure you are receiving plenty of this essential nutrient.

Remember, there are other great ways to enjoy Florida citrus fruit and juices that aren't limited to a glass at breakfast or snack time. Including Florida citrus in meals will add a sweet and tangy taste to appetizers, desserts and entrées with chicken, pork or other vegetables.

Interested in a delicious fall recipe that includes flu-fighting components? Try the sweet and sticky orange chicken! Made with 100 per cent pure Florida orange juice, it's high in vitamin C, a quick and easy comfort meal and so delicious that the whole family will enjoy it.

- more -

<sup>1</sup> <http://www.cbc.ca/health/story/2009/01/12/f-flu.html>

<sup>2</sup> [http://www.hc-sc.gc.ca/fn-an/alt\\_formats/pdf/surveill/nutrition/commun/art-nutr-adult-eng.pdf](http://www.hc-sc.gc.ca/fn-an/alt_formats/pdf/surveill/nutrition/commun/art-nutr-adult-eng.pdf)



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### **Sweet Sticky Orange Chicken**

Makes 4 servings

#### Ingredients:

2 cloves garlic, minced  
15 mL (1 tbsp) chopped fresh Italian parsley  
10 mL (2 tsp) Italian herb seasoning  
1 mL (¼ tsp) freshly ground pepper  
8 boneless skinless chicken thighs (about 1 ½ lbs/750 g total)  
10 mL (2 tsp) canola oil  
250 mL (1 cup) 100 % pure Florida Orange Juice  
25 mL (2 tbsp) liquid honey  
25 mL (2 tbsp) unseasoned rice vinegar  
15 mL (1 tbsp) sodium reduced soy sauce  
15 mL (1 tbsp) cornstarch

#### Directions

1. In bowl, combine garlic, parsley, Italian herb seasoning and pepper. Add chicken thighs and oil and toss well to coat chicken evenly.
2. Heat large nonstick skillet over medium high heat and brown chicken on both sides and place in ovenproof casserole dish; set aside.
3. In small bowl, whisk together orange juice, honey, vinegar, soy sauce and cornstarch. Return skillet to medium-high heat and add orange juice mixture and bring to a simmer, stirring. Pour over chicken and place in 200°C (400°F) oven for about 15 minutes or until chicken is no longer pink inside.

#### Nutritional Information per serving:

Calories: 313  
Protein: 33 g  
Total fat: 11 g  
    Saturated fat: 3 g  
    Cholesterol: 124 mg  
Carbohydrate: 17 g  
    Fibre: 0 g  
Sodium: 252 mg  
Potassium: 464 mg

For more healthy citrus recipe ideas and information about Florida grapefruit, grapefruit juice and orange juice, visit [www.floridacitrus.ca](http://www.floridacitrus.ca).

#### **About the Florida Department of Citrus (FDOC)**

The Florida Department of Citrus (FDOC) is an executive agency of the Florida government charged with the marketing, research and regulation of the Florida citrus industry. Its activities are funded by a tax paid by growers on each box of citrus that moves through commercial channels. A few of the popular varieties of Florida citrus fruit available in Canadian supermarkets are Ruby Red Grapefruit, Flame Grapefruit, and Marsh Grapefruit with 100 per cent pure Florida orange juice and Florida grapefruit juice available all year round.

#### **For more information, please contact:**

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