Health & Nutrition Overview 2017

BloodOranges

Nutrition wise, blood oranges are unique amongst citrus varieties. When compared with other citrus fruits there are significant differences in nutrients between blood oranges and other orange varieties. Beyond the alluring aesthetics, blood oranges offer health-promoting nutrients and traits that have wide-ranging protective powers.

Nutrition and Health Profile of Blood Oranges

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1 average sized blood orange = 200g

Edible portion = 150g = 1 standard serving of fruit



Nutrient Composition of Blood Oranges (100g and per 150g being the edible portion of an average 200g blood orange)

Per 100g	Per 150g	
119kJ (28 cals)	178.5kJ (42.5 cals)	
0.7g	1.05g	
0.2g	Зg	
7g	10.5g	
2g	2.5g	
200mg	300mg	
22mg	33mg	
0.20mg	0.3mg	
50mg	75mg	
31µg	46.5µg	
371µg (61 RE)	556.5µg (92 RE)	
16.8mg	25.2mg	
9.8mg	14.7mg	
74mg	111mg	
	119kJ (28 cals) 0.7g 0.2g 7g 2g 200mg 22mg 0.20mg 0.20mg 31µg 31µg 371µg (61 RE) 16.8mg 9.8mg	

VitaminRed[®]

Blood oranges deliver a unique mix of phenolic phytonutrients that have positive health effects. In addition to being potent antioxidants, these compounds have been researched for their anti-inflammatory, anti-obesity and anti-cancer properties.



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Hydroxycinnamic Acids





Healthy Weight

Naturally low in sugar and kilojoules (just 3% of your daily energy in one average-size orange). Their low energy density, together with their unique mix of nutrients, has been demonstrated to reduce fat stores and prevent obesity.

Immune Booster

Provides all the recommended daily intake of Vitamin C in just one blood orange. This essential nutrient helps with iron and zinc absorption, which is vital in increasing resistance to infection.



Skin Health

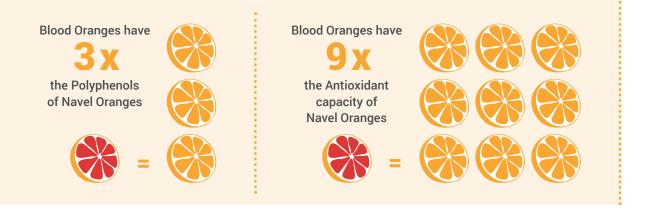
The phytonutrients in blood orange can help repair your skin and build up its defense against the sun, giving you a more youthful complexion.



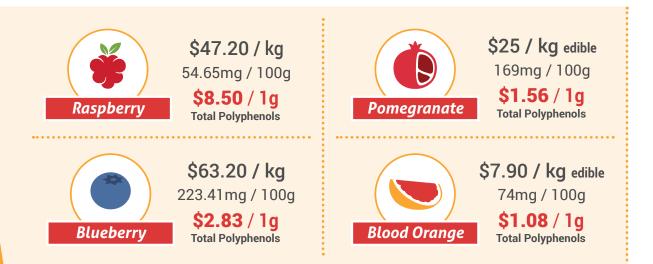
Heart Health

The antioxidants and antiinflammatory properties in blood orange are great for maintaining a healthy circulatory system.





Compared to other highly pigmented (anthocyanin containing) fruits, blood oranges represent an economical way to get these potent polyphenol compounds into your diet. The following chart shows blood oranges being the cheapest on a per mg basis.



RISK FACTOR	EFFECT OF BLOOD ORANGE BIOACTIVE COMPOUNDS (e.g. hydroxycinnamic acids, anthocyanins, flavonoids)	DISEASE
Blood pressure	Decreased vascular inflammation, which in turn improves blood flow to the heart & stabilises plaque build up in the arteries (2, 9, 13)	Heart disease
Cholesterol	Help cholesterol levels by raising HDL "healthy" and lowering LDL "bad" cholesterol $({\bf 2},{\bf 9})$	Heart disease
Oxidation, in general (excess oxidation drives all chronic diseases)	Decrease oxidation (2)	Heart disease, cancers
Inflammation (higher levels of inflammation seems to play a role in promoting most chronic disease)	Decrease inflammation (2)	Heart disease, cancers, obesity
Cell mutation	Anti-carcinogenic - promotes apoptosis in human cancer cells (e.g. ovarian & lung cancer calls) and prevents tumor growth (2)	Cancer
Abdominal fat (central adiposity)	Enhanced lipase (fat) enzyme activity so that more fat is metabolised (10) Restores normal metabolic pathways found in overweight subjects (11)	Overweight and obesity, fatty liver, type 2 diabetes, metabolic syndrome
Blood levels of glucose	Improved insulin sensitivity (makes insulin work better) (2, 9)	Type 2 diabetes, heart disease, cancers (excess glucose contributes to the risk of these diseases)