



# Grapefruit

## Nutritional Benefits:

- Great source of vitamin C, an immunity-boosting antioxidant
- Great source of vitamin A, great for the health of skin and eyes
- Great source of fiber, which is great for those looking to lose weight
- Fat-free
- Sodium-free
- Cholesterol-free

## Characteristics:

- Blushed rind
- Dark, red interior
- Sweet, tangy taste

## Seasonality:

January - June

September - December

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