



# Citrus, Red Grapefruit

## Purchasing Specifications

### Availability:

Year round

### Growing Regions:

Bahamas, Mexico, USA

### Receiving Information:

- Selection: Consumers should choose grapefruit that has good color and gives slightly when touched. Avoid grapefruit with obvious signs of decay or soft spots.

### Storage/Handling:

- Storage: Grapefruit are not easily bruised, so stacking is possible.
- Mold: Indication of storage at warm temperatures and high humidity. To prevent mold from spreading, remove affected fruit and handle grapefruit with care to avoid injury. Maintain proper storage temperature.

- Pitting or browning of skin; watery breakdown of flesh: Indication of chill injury.
- Skin deterioration; flesh decay: Indication of ethylene exposure - keep grapefruit away from ethylene-producing produce and ripening rooms.
- Ethylene Producer: No
- Ethylene Sensitive: No
- Water Sprinkle: No
- Odor Producer: No
- Ripens After Harvest: No
- Mist: No
- Top Ice: No
- Odor Sensitive: No
- Scientific Name: Citrus x paradisi.
- Usage: Eaten fresh, included in salads, grilled, broiled and juiced.
- Phytochemical: Hesperidin, Tangeritin, Limonene.
- Taste: Slightly acidic, citrusy and bitter.
- Skin Texture: Thick, heavy, shiny smooth skin.
- Flesh Description: White-yellow, or red segmented acidic pulp.
- Outside Coloring: Yellow.
- Size: 10 - 15 cm Medium.
- Health: Besides its benefits of being a good source of vitamins C and A, grapefruit has been shown to be helpful in weight loss.
- Use: Grapefruit is most often eaten raw with breakfast, but can be added to salads and cooked dishes.

## Nutrition Facts

**Serving Size: 1 medium  
(approx 4" across)**

Amount Per Serving

Calories 82	Fat Calories
	% Daily Value*
Total Fat 0g	
Sat Fat 0g	0%
Trans Fat	
Cholesterol 0 mg	0%
Sodium 0mg	0%
Total Carbohydrates 21g	16%
Dietary Fiber 3g	11%
Sugars 18g	
Protein 2g	4%
Potassium 356mg	8%
Vitamin A 17%	Vitamin C 117%
Calcium 3%	Iron 1%