

Recipe

CITRUS AMBROSIA

Makes 4 adult servings at 1 cup each

Ingredients

- Grated peel of tangerine
- 1 cup lowfat yogurt, plain or vanilla
- 2 tangerines or other variety of mandarins, peeled, segmented, and seeded.
- 1 grapefruit, peeled, seeded, and cubed
- 2 oranges, peeled, seeded, and cubed
- 3 tablespoons shredded coconut, or low-fat granola or nuts (optional).

Preparation

1. Stir tangerine peel into yogurt.
2. Divide fruit into four cups.
3. Spoon chilled yogurt mixture over fruit.
4. Sprinkle with coconut and serve.

Adapted from

www.fruitsandveggiesmatter.gov/recipes

Nutrition Information per Serving:

Calories 85, Carbohydrates 16 g, Protein 2 g, Total Fat 2 g, Saturated Fat 2 g, Cholesterol 2 mg, Sodium 34 mg, Dietary Fiber 1 g



For important nutrition information, visit www.cachampionsforchange.net. For food stamp information, call 877-847-3663. Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer.

What Should Parents Know About Children?

Food related illness is common in young children.

- Children always touch things and play with their hands.
- They should wash their hands in warm soapy water for 20 seconds before eating or handling food.
- Remind your child to wash fresh fruit and vegetables before eating.
- Wash all counter tops before cooking.
- Teach your child to put leftovers in the refrigerator within 2 hours.
- Teach your child to cover their mouth and nose with their hands when they sneeze and then wash their hands.

Family Activity

Play the Mirror Game with the whole family.

- Stand in front of a mirror with your child. You move, then he/she imitates.
- Raise one arm, turn your head to one side, or rub your stomach. This is good for body and eye coordination.
- Run while listening to children's music.
- Make faces. It is good exercise for facial muscles.



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M

is for Mandarin

Produce Tips

- There are several varieties of mandarins, tangerine, and tangelos. Satsuma and Clementine are other varieties.
- Look for plump mandarins that feel heavy and have stems still attached.
- Keep mandarins at room temperature and eat within 5 days. Otherwise refrigerate for up to 2 weeks.
- Mandarins are good in salads.

Nutrition Facts

Serving size:

1 medium mandarin (88g)

Calories 47

Calories from Fat 2

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 2mg 0%

Total Carbohydrate 12g 4%

Dietary Fiber 2g 8%

Sugars 9g

Protein 1g

Vitamin A 12% Calcium 3%

Vitamin C 39% Iron 1%

Source: www.nutritiondata.com