



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

# Dietitian's Dish

Research suggests juice from 100% Florida-grown oranges may help with healthy blood cholesterol levels, blood pressure, and blood vessel function, along with other heart-friendly benefits. While many factors affect heart disease, diets low in saturated fat and cholesterol may reduce their risk.

## Florida's Natural® - FAST FACTS

- ONLY 100% Made In The USA brand of orange juice
- Every orange is grown, picked and squeezed in Florida
- OJ that's 100% pure – no water\*, sugar, or preservatives added (\* Light OJ contains water.)
- Not-from-concentrate juices have straight-from-the-grove taste – squeezed, flash-pasteurized and stored in freshness-saving cartons
- Orange juice has more nutrients (Vitamin C, folate, potassium) than other 100% fruit juices.



Whether you drink a cup of Florida's Natural® Orange Juice every day or find ways to add it to your meals and snacks, the heart benefits are worthwhile.

## Zesty Meatballs

### Ingredients:

- 1 cup barbeque sauce
- 1 1/2 cups Florida's Natural® orange juice
- 1/4 cup water
- 35-40 cooked meatballs

### Directions:

1. In a small saucepan, bring the Florida's Natural® OJ to a boil; reduce heat and simmer until half the liquid (3/4 cup) remains. Let the reduction cool.
2. In a bowl, stir together the BBQ sauce, orange juice reduction, and water. Pour over meatballs and heat them to an internal temperature of 165°F.



## Power-Up Health Shake

### Ingredients:

- 1 1/2 cups Florida's Natural® orange juice
- 1 cup diced cantaloupe chunks
- 1 cup frozen strawberries
- 1 cup frozen peaches
- 4 Tbsps. wheat germ

### Directions:

1. Combine all ingredients in a blender and blend until smooth. For a creamier smoothie, add a few ice cubes or freeze the diced cantaloupe first.



Recipes adapted from Florida's Natural®