



Selection:

Choose grapefruit that are heavy for their size and have a thin and smooth skin. Skin color is not a sign of ripeness, but avoid grapefruit with brown spots.

Storage:

Grapefruit can be kept at room temperature for up to one week, or several weeks in the refrigerator. Do not store fresh grapefruit in a plastic bag, as this may cause mold growth.

Room Temperature: Up to 1 week

Refrigerator: Several weeks

Use:

Rinse grapefruit thoroughly before preparing. To get the most juice out of the grapefruit, roll between the palm of your hand and the countertop. To eat raw, cut the fruit in half and along segments. Sprinkle with sugar/sweetener. Eat segments with a spoon.



Digital Scale:

The number on the screen = Total Weight



Hanging Scale:

The number the arrow is pointing to = Total Weight

Buying:

Weigh produce to find out exactly how much it will cost. Place the number of grapefruit you would like to buy on the scale provided, and round up to the closest pound or half pound. The cost is the total weight in pounds multiplied by the price per pound.

Total Weight (lbs) x Price = Cost of Grapefruit

Use this table to find the total cost.

Example: What is the total cost for 1.5 lbs of grapefruit at \$1.29 per lb? **1.5 lbs x \$1.29 = \$1.94**

Price per Pound (lb)	1 lb	1.5 lb	2 lb	2.5 lb	3 lb	3.5 lb
\$ 0.49	\$0.49	\$0.74	\$0.98	\$1.23	\$1.47	\$1.72
\$ 0.59	\$0.59	\$0.89	\$1.18	\$1.48	\$1.77	\$2.07
\$ 0.69	\$0.69	\$1.04	\$1.38	\$1.73	\$2.07	\$2.42
\$ 0.79	\$0.79	\$1.19	\$1.58	\$1.98	\$2.37	\$2.77
\$ 0.89	\$0.89	\$1.34	\$1.78	\$2.23	\$2.67	\$3.12
\$ 0.99	\$0.99	\$1.49	\$1.98	\$2.48	\$2.97	\$3.47
\$ 1.09	\$1.09	\$1.64	\$2.18	\$2.73	\$3.27	\$3.82
\$ 1.19	\$1.19	\$1.79	\$2.38	\$2.98	\$3.57	\$4.17
\$ 1.29	\$1.29	\$1.94	\$2.58	\$3.23	\$3.87	\$4.52
\$ 1.39	\$1.39	\$2.09	\$2.78	\$3.48	\$4.17	\$4.87
\$ 1.49	\$1.49	\$2.24	\$2.98	\$3.73	\$4.47	\$5.22
\$ 1.59	\$1.59	\$2.39	\$3.18	\$3.98	\$4.77	\$5.57
\$ 1.69	\$1.69	\$2.54	\$3.38	\$4.23	\$5.07	\$5.92
\$ 1.79	\$1.79	\$2.69	\$3.58	\$4.48	\$5.37	\$6.27
\$ 1.89	\$1.89	\$2.84	\$3.78	\$4.73	\$5.67	\$6.62
\$ 1.99	\$1.99	\$2.99	\$3.98	\$4.98	\$5.97	\$6.97

Know how. Know now.

Nutrition:

1/2 medium Grapefruit

Nutrition Facts	
Serving Size 1/2 medium grapefruit (154g)	
Amount Per Serving	
Calories 60	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 15g	5%
Dietary Fiber 2g	8%
Sugars 11g	
Protein 1g	
Vitamin A 35%	Vitamin C 100%
Calcium 4%	Iron 0%

Nutrition Facts Labels are not always available for fresh fruits and vegetables at the grocery store. This can make it difficult to determine the nutrient content.

The Nutrition Facts Label shown here is for 1/2 medium grapefruit. All grapefruit are not the same size, but you can use this to estimate the nutrition content for a smaller or larger grapefruit.

Recipe:

**Heart Warming Oatmeal
with Fruit and Nuts**

Preparation Time: 10 to 15 minutes

Serves 2

Cups of Fruit per Serving: 1

Ingredients:

- 3/4 cup pink grapefruit juice
- 3/4 cup water
- 1/4 teaspoon ground cinnamon
- 1/8 teaspoon salt
- 2/3 cup regular oats
- 1 tablespoon brown sugar
- 2 seedless oranges or tangerines, sectioned, chopped
- 4 dates, chopped
- 1 tablespoon almonds, slivered

Preparation:

- 1.) In a medium saucepan, combine grapefruit juice, water, cinnamon, and salt. Bring to a boil over high heat.
- 2.) Stir in the oats and reduce the heat to medium-low. Cook for 5 minutes, stirring occasionally.
- 3.) Remove from heat. Cover the oatmeal and let stand for 8 minutes.
- 4.) Stir in brown sugar. Top with oranges, dates, and almonds. Serve warm.

Nutrition Information per Serving:

Calories 276, Total Fat 3.8 g, Saturated Fat 0.4 g, Cholesterol 0 mg, Sodium 152 mg, Carbohydrates 59 g, Dietary Fiber 7 g, Protein 6 g.

