

6 reasons to eat oranges daily

1

VITAMIN C

One large orange gives you 130 percent of your daily need for vitamin C. This vitamin helps boost immunity and fight cancer.

2

FIBER

One sweet, juicy orange delivers 4 grams of fiber. Fiber helps with digestion and may help prevent heart disease and some cancers.

3

MINERALS

Oranges also contain important minerals such as calcium, magnesium, copper, phosphorus and potassium. These minerals are important for immune health, nervous system and muscle function, and many other body processes.

4

B VITAMINS

Oranges contain several of the B vitamins, which help the body's cells work properly and provide you with energy.

5

CALORIE-FRIENDLY

One orange is a lower calorie option to satisfy your craving for something sweet.

6

PHYTOCHEMICALS

Oranges contain hundreds of these plant chemicals that support many metabolic functions in the body.



Sources: United States Department of Agriculture, National Institutes of Health