

The background of the entire page is a collage of oranges and orange slices. In the top left, there's a cluster of whole oranges with green leaves. In the top right, there are several orange slices. In the center, there are two whole oranges and one sliced in half. In the bottom left, there are more whole oranges and a sliced one. In the bottom right, there are orange peels and a sliced orange. The title 'Health Benefits of Oranges' is written in a stylized, orange-colored font across the top center.

Health Benefits of Oranges

lowers high blood pressure
anti-inflammatory
supplies 116.2% of daily value for vitamin C
disarms free radicals
prevents damage in the aqueous environment both inside & outside of cells
reduces risk of colon cancer
reduces severity of asthma, osteoarthritis & arthritis
prevents oxidation of cholesterol
polymethoxylated flavones (PMFs) have potential to lower cholesterol more effectively than some prescription meds, without side effects

promotes healthy immune system
reduces risk of death from all causes including heart disease, stroke & cancer
significant protection against esophageal, oro-pharyngeal/laryngeal (mouth, larynx and pharynx) & stomach cancers
provides 12.5% of daily fiber value

Orange & Avocado Salad | Serves 4

8 cups mixed salad greens
1 cup orange segments
1 avocado, diced
1/4 cup slivered red onion
1/2 cup Cilantro-Lime Vinaigrette (recipe below)

1 cup packed cilantro
1/2 cup extra-virgin olive oil
1/4 cup lime juice
1/4 cup orange juice
1/2 teaspoon salt
1/2 teaspoon pepper
Pinch of minced garlic
Puree in a blender or food processor until smooth.