

FOOD MATTERS

Food Matters

with Consultant Nutritionist Sue Radd



the benefit of citrus fruit



Citrus fruits pack a powerful punch against cancer, reducing the risk of some cancers by up to 50 per cent, according to a new report by the CSIRO in Australia.

Citrus is most protective against stomach, mouth, larynx and pharynx cancers. But some studies also show benefits for heart disease and stroke, as well as a myriad of other conditions ranging from arthritis to Alzheimer's disease, cataracts and gallstones.

Most people would be aware that citrus is an excellent source of vitamin C—one orange supplies double the recommended daily allowance. But citrus also provides significant amounts of dietary fibre, folate, potassium and beta-carotene. And these fruits are low in fat and have a low glycaemic index (GI), useful for managing diabetes and weight control.

Recent attention, however, has focused on the hundreds of phytochemicals hidden in citrus, akin to a newly discovered treasure chest with highly prized jewels. These natural compounds are biologically active and collectively act as strong fighters of chronic disease if we consume them regularly from plant foods. Yet

most Australians don't eat enough citrus or other plant foods!

One orange, for example, contains more than 170 different phytochemicals and more than 60 flavonoids, many of which have been shown to have strong antioxidant effects, fight tumours, block inflammation and blood clotting.

a citrus a day

To protect yourself, include one citrus fruit daily or on most days. For example, freshly squeezed ruby grapefruit juice (with the pulp) at breakfast or mandarin slices as a snack or blood orange flesh/peel in a moist dessert or marinade.

Citrus fruits include oranges, mandarins, lemons, limes, grapefruit, tangelos and pomelos. Their vibrant colours also look fantastic displayed in a bowl on your kitchen or dining-room table.

Now turn to **page 57** for a refreshing citrus recipe.