

November

## Dietitian's Choice

### Grapefruit



- Grapefruit has a high water content, so it is a great way to chew your water and keep your body hydrated throughout the day.
- Good source of fiber to help keep your digestive system running smoothly and prevent constipation
- Great source of Vitamin C for an immune boost!
- Good source of Vitamin A to help promote healthy skin and eyes!

**Fun Fact:**  
Grapefruits got their name because they grow in clusters similar to grapes!

**How to Eat:**  
Use a spoon to dig out this delicious fruit treat!