



A Vision in Orange



Welcome to today's proud produce feature, as we spotlight the color orange. Orange fruits and vegetables support our immune system, promote bone health, and are important for healthy vision.

A few examples of orange produce to try:

Mandarin oranges: Mandarin orange slices are easy to eat on their own and can also be tossed in a salad.

Carrots: Carrots can be eaten in a variety of ways, including roasted, stewed, sauteed, or raw.

Mangoes: Enjoy sliced mangoes on their own or add them to salsas or sauces.

Sweet potatoes: Consume roasted sweet potatoes as a side dish or mix them into a baked good.

Fun fact: One medium-sized sweet potato provides more vitamin A than a person's entire daily requirement. Vitamin A has several benefits, including supporting the immune system, bone health, and vision.

