



The citrus season is starting. The best way to prepare your body for the cold days

Hot summer days are gone. With the arrival of cold weather there is nothing better than preparing our body to resist the winter with an iron health

The nutritional properties of citrus fruits, with their high antioxidant capacity and Vitamin C content, are perfect for keeping our defences up

Their characteristics are perfect to meet the #Longlifechallenge and consume 5 pieces of fruit and vegetables a day

October 2022 - The cold weather has already set in across Europe, but there is still time to prepare our organism to withstand these days as well as possible, and this can be achieved in a much simpler way than we think. The citrus fruit season is starting, especially oranges, mandarins and clementines. These fruits provide us with all the vitamins and nutritional benefits that our body needs.

With these improvements together with regular and continuous practice of exercise we will be creating health and participating in the #longlifechallenge. A challenge that seeks to improve the lifestyle of European citizens through the consumption of 5 pieces of fruit and vegetables a day. Oranges, clementines and mandarins have many common attributes, however, they have a number of differences that make them ideal for different needs:

MANDARINS AND CLEMENTINES (<https://longlifechallenge.eu/fr/mandarines-et-clementines/>) This quick and healthy snack stands out for its size and ease of peeling. Perfect to carry with you all day long and take it in a break.

-NUTRITIONAL PROPERTIES

Just like oranges, mandarins contain different minerals and vitamins in a balanced way, as well as a high content of vitamin C, which gives them a great antioxidant capacity. At the same time, mandarins are mainly made up of water, which is why they are so refreshing and hydrating for our organism. Finally, mandarins are also high in fibre.

-RECOMMENDATIONS

Juicy, fruity and delicious, mandarins are one of the most popular fruits among consumers looking for a quick and healthy snack. Bigger, smaller, sweeter or more acidic, mandarins come in a wide range of varieties to suit the different tastes of consumers. The size of

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mandarins and the ease with which clementines can be peeled make them the perfect snack on the go. A tip: mandarins do not continue to ripen once harvested, so as soon as you buy them, they are always ready to eat!

ORANGES (<https://longlifechallenge.eu/fr/oranges/>) They show an enormous versatility of consumption, both fresh and in juices (always referring to freshly squeezed fruit juices).

-NUTRITIONAL PROPERTIES

Oranges present different minerals and vitamins in a balanced way, however, the absolute and indisputable power of oranges is their high vitamin C content. This high vitamin C content makes oranges a naturally antioxidant product, as this vitamin contributes to the protection of cells against oxidative damage. At the same time, vitamin C also contributes to the normal functioning of the nervous system, while helping to reduce tiredness and fatigue. In addition, oranges are also a source of folates, which, among many other beneficial properties, contribute to the proper functioning of the immune system.

-RECOMMENDATIONS

With the most rigorous protocols and quality standards, European oranges are a true natural jewel. With a perfect combination of sweetness and acidity that gives them a unique flavour, together with their large amount of refreshing juice, oranges are a very versatile fruit that can be enjoyed in countless ways, both fresh and in delicious juices. In addition, the European origin of oranges makes them the freshest on the market, due to the shorter journey time until they reach our tables.

ORIGINAL RECIPES

And we can enjoy them not only by eating them directly. To make it easier for us to eat them, there are a series of recipes that we can include in our daily routine and that will make it easier for us to reach the challenge of 5 pieces of fruit and vegetables a day. We can find these and more recipes on the website <https://longlifechallenge.eu/fr/recettes/> We can divide those recipes in 4 groups:

BREAKFAST

- [Citrus crêpes with orange, berries and cocoa spread](#)
- [Cocoa, banana and coconut pancakes with kefir yoghurt and mandarins](#)

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SMOOTHIES

- [Orange, mango and banana smoothie](#)
- [Mandarin, banana and mint smoothie](#)

SNACKS

- [Orange tiramisu](#)
- [Orange and coconut chia pudding](#)
- [Mandarins covered in chocolate, toasted walnuts and salt flakes](#)

SALADS

- [Green salad with orange, pomegranate and walnuts](#)
- [Baby spinach, mandarin, avocado and cherry tomatoes](#)
- [Mandarin oranges, spinach and thai plum salad](#)

About FruitVegetablesEUROPE

Founded 60 years ago, FruitVegetablesEUROPE is the European Fruit and Vegetable Association that defends, represents and promotes European fruit and vegetables. Based in Brussels, FruitVegetablesEUROPE acts as a liaison between sectoral stakeholders and policy makers in the European institutions, giving a voice to the European fruit and vegetable sector. The members of FruitVegetablesEUROPE are national and regional federations/associations (mainly producer organisations and associations) and companies from the main fruit and vegetable producing countries of the EU (France, Germany, Greece, Italy, Poland, Portugal and Spain).

www.eucofel.eu

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