



Ten benefits of a daily intake of citrus fruits during winter season

In this winter season we cannot fail to include in our daily European oranges and mandarins to enrich our dishes and prepare against the cold.

Apart from being perfect to meet the [#Longlifechallenge](#) of Europe (take five pieces of fruits and vegetables a day), the intake of these citrus fruits brings a number of benefits to our body for its great nutritional value and healthy properties.

November, 2023 – At the height of the cold season, colds, flus and infections are common. To avoid them, we need our immune system to be strong and prepared. And there is nothing better than incorporating foods rich in vitamin C into our daily menu, such as **European oranges and mandarins**, the components of which promote the proper functioning of our immune system.

These citrus fruits bring us many benefits to face the season and make it easy to meet the **#LongLifeChallenge** of eating 5 pieces of fruit and vegetables every day. Here we explain ten of them:

1. They have a **great nutritional value** as they contain vitamins and minerals, potassium, calcium, carotenes and fibre, especially pectin, whose main property is related to the reduction of cholesterol and glucose in the blood.
2. **Low in calories** and high in water, they are ideal for enriching our daily diet without putting on weight.
3. Their phytonutrients such as flavonoids have a great **beneficial effect on cardiovascular health**.
4. In addition, their properties can help to prevent different diseases due to their enormous **antioxidant capacity**.
5. It has **anti-inflammatory benefits**, so it helps to avoid infectious conditions, especially in this cold season, when colds and flus are common.
6. **Very moisturising**. 88% of the composition of these fruits is water, so they have a great moisturising effect on the skin and the organism.
7. **They favour the maintenance of the intestinal flora**. As they contain fibre, this

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makes the sugar in the fruit healthy.

8. **They help the immune system.** Their vitamin content includes vitamin C and vitamin A, which help to keep the skin, hair, mucous membranes, bones, etc. in good condition.

9. **They provide folic acid.** Folic acid is involved in the production of red and white blood cells and in the synthesis of genetic material.

10. **Minerals for a good daily activity.** The most abundant mineral is potassium, as well as small amounts of magnesium and phosphorus, and calcium, which are very effective for the good functioning of our organism.

ORANGES (<https://longlifechallenge.eu/en/oranges/>)

Oranges are very pleasant because of their sweet and sour taste and their large amount of refreshing juice. They are very versatile and can be found in different forms. They are delicious eaten whole - under the peel there is a white layer known as albedo which contains antioxidants - but also in juice (always referring to freshly squeezed fresh fruit juice). Versatility also plays in their favour as they can be eaten at any time as an ingredient and as a fruit.

CHARACTERISTICS

Oranges contain minerals and vitamins, however, the strong point of this fruit is its high vitamin C content, which makes it a naturally antioxidant food. This vitamin contributes to the protection of cells against oxidative damage. At the same time, it facilitates the proper functioning of the nervous system, and helps to reduce tiredness and fatigue.

MANDARINS AND CLEMENTINES ([Mandarins and clementines/](#))

Because they are easy to eat and have a fresh and juicy flavour, mandarins are one of the most popular fruits among consumers for snacking between meals as a quick and healthy snack. Also, because of their different sizes and varieties (larger, smaller, sweet or sour), they adapt to all tastes of diners.

CHARACTERISTICS

Mandarins contain minerals and vitamins and a high vitamin C content, like oranges, which gives them a great antioxidant capacity. They also contain a large amount of water, which is why they are so refreshing and hydrating, and a high fibre content. And another advantage of this fruit: it does not continue to ripen once harvested, so it can be eaten whenever you want.

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HEALTHY RECIPES TO MEET A CHALL

European oranges and mandarins can be eaten fresh and whole but also as an ingredient in delicious dishes. We can include them in our daily routine to make it easier for us to meet the challenge of eating 5 pieces of fruit and vegetables a day. There are interesting recipes on the web <https://longlifechallenge.eu/en/recipes/> among which we highlight the follow:

TIRAMISU WITH ORANGES: It is a delicious dish made with sponge cake, a mixture of orange juice and Grappa, which is complemented with orange tiramisu cream and a slice of orange: [Tiramisu-with-oranges/](#)



MANDARIN SALAD WITH SPINACH: This tasty spinach salad with plums, tamari and sesame, is made with peeled mandarin oranges: [Mandarin salad with spin/](#)



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ORANGE BERRY PANCAKES: Pancakes are a fresh and healthy dessert for breakfast or as a snack. It is made with pieces of oranges, mint leaves or mint: [Orange berry pancakes](#)



MANDARIN SNACK WITH CHOCOLATE: This dessert of mandarin orange segments with hot chocolate topping and toasted walnuts promises to be a delight for the most demanding palates: [Mandarin snack with chocolates](#)



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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