

# FRESH & FLAVORFUL CITRUS

Versatile and rich in Vitamin C, **CITRUS FRUITS** can stand alone as fresh, delicious snacks, add a tangy twist to any meal or drink, or offer a pop of color to a beautiful plate. Ranging from tart to sweet, each unique variety offers its own health benefits.

## Nutrition Breakdown

**Oranges:** high in Vitamin C (one contains almost 100% of your recommended daily value)

**Mandarin Oranges:** high in Vitamins A and C; one contains about 90% of your recommended daily value of Vitamin C and 30% of Vitamin A; high in dietary fiber

**Grapefruits:** high in Vitamin C (one contains more than 100% of your recommended daily value), Vitamin A, and dietary fiber

## Get Creative!

- Squeeze lemon/lime juice over salads, fish, or chicken
- Add mandarins for a bold salad
- Chop grapefruit into a salsa or blend and whip up a fresh vinaigrette dressing

## Fruited Pork Tenderloin Salad

Serves 4

A time-tested classic, this traditional salad gets a contemporary twist with the addition of stir-fried pork tenderloin.

### Ingredients:

- 1 pork tenderloin, cut into stir-fry strips
- 1/4 cup **grapefruit juice**
- 2 tablespoons red wine vinegar
- 1 tablespoon vegetable oil
- 1 teaspoon poppy seed
- 2 teaspoons honey
- 1 teaspoon Dijon mustard
- 2 teaspoons vegetable oil
- 6 cups mixed salad greens
- 2 small red **grapefruit**, peeled and sectioned
- 1 1/2 cups seedless grapes, halved

### Directions:

In a small bowl whisk together grapefruit juice, red wine vinegar, 1 tablespoon oil, poppy seed, honey, and mustard until well blended; set aside. Heat 2 teaspoons oil in large nonstick skillet over medium-high heat. Add pork strips; cook about 3 minutes or until pork is lightly browned. On each of four dinner plates place 1 1/2 cups greens; top with pork strips and arrange grapefruit sections, grapes, and strawberries around pork. Spoon dressing over salads.

### Nutrition Facts (per serving):

Calories – 350	Carbohydrate – 31g
Total Fat – 12g	Dietary Fiber – 4g
Saturated Fat – 2g	Sugar – 22g
Sodium – 115mg	Protein – 33g

From Nutrition World  
nutritionw.com



## Millet Breakfast Cereal with Mandarin Oranges and Dates

Serves 4

Cooked millet is a great breakfast alternative to oatmeal or cream of wheat. Here it's infused with cinnamon and cardamom and served with dates and sweet mandarin oranges.

### Ingredients:

- 2/3 cup uncooked millet
- 2 cups water
- 1 1/2 cups **orange juice**
- 4 large dates, pitted and chopped
- 1 cinnamon stick
- 1/2 teaspoon green cardamom pods
- Pinch of salt
- 1 cup canned **mandarin oranges** (canned in water), drained

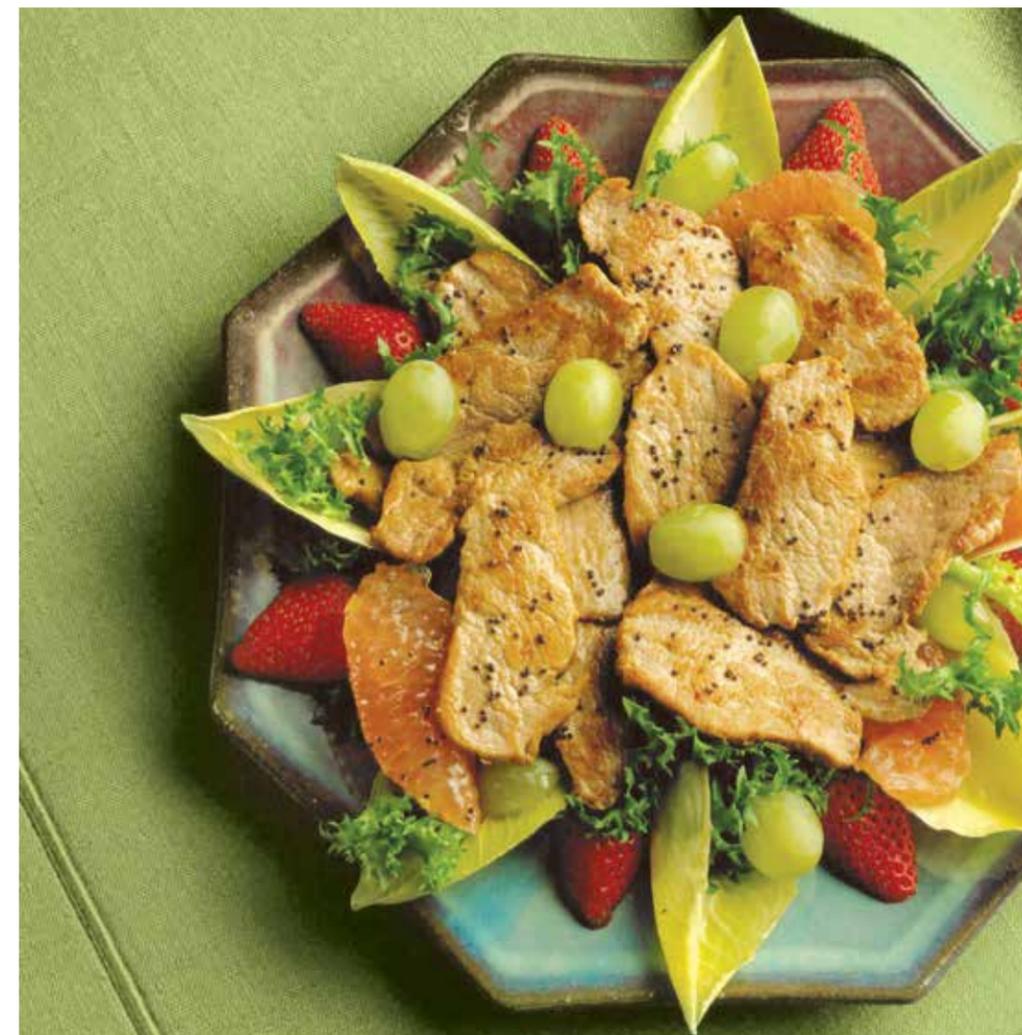
### Directions:

Toast millet in a large skillet over medium heat, stirring constantly, until fragrant and just golden brown. Transfer to a large bowl, cover with cold water, and rub millet grains with your hands for about 5 seconds. Transfer to a strainer, rinse for 1 minute, then drain millet well. Put drained millet into a small pot. Add water, orange juice, dates, cinnamon, cardamom, and salt and bring to boil over medium-high heat. Reduce heat to medium low, cover and simmer, stirring occasionally, until liquid is absorbed and millet is tender, about 40 minutes. Remove and discard cinnamon and cardamom, then stir in mandarin oranges. Spoon into bowls and serve.

### Nutrition Facts (per serving):

Calories – 210	Carbohydrate – 43g
Total Fat – 2.5g	Dietary Fiber – 5g
Saturated Fat – 1g	Sugar – 18g
Sodium – 40mg	Protein – 5g

From Whole Foods Market  
wholefoodsmarket.com



RECIPE(S) AND PHOTO(S) COURTESY OF NATIONAL PORK BOARD. FOR MORE INFORMATION ABOUT PORK, VISIT PORKBEINSPIRED.COM



**Mandarin Glazed Carrots**

Serves 4

Sweet mandarin oranges are a great match for carrots in this flavorful side dish. It's terrific at room temperature or quickly reheated on the stovetop, so you can easily make it up to two days ahead of time. Add sliced mint leaves for a festive garnish.

**Ingredients**

- 1/2 teaspoon fine sea salt
- 1 tablespoon unsalted butter
- 3 clementines or satsumas, peeled and chopped (remove any seeds)
- 1 pound (7 to 8 medium) carrots, peeled and chopped
- 3/4 teaspoon toasted cumin seeds

**Directions:**

In a medium saucepan, heat clementines and butter over medium heat. Cook, stirring frequently, for about 5 minutes or until clementines are soft. Add carrots and salt; cover the pan, lower heat, and cook for about 20 minutes stirring occasionally. Sprinkle with cumin seeds and serve warm or at room temperature.

**Nutrition Facts (per serving):**

Calories – 110	Carbohydrate – 19g
Total Fat – 3g	Dietary Fiber – 5g
Saturated Fat – 2g	Sugar – 12g
Sodium – 380mg	Protein – 2g

**From Whole Foods Market**

[wholefoodsmarket.com](http://wholefoodsmarket.com)

**Spiced Apple Cider**

Serves 4

Spiced apple cider is great warm or cold and it's the perfect winter cocktail with a splash of dark rum and a cinnamon stick garnish.

**Ingredients**

- 4 cups freshly pressed apple juice (not from concentrate)
- 1 cup water
- 1/2 orange, sliced into discs
- 1 inch piece of ginger, sliced
- 2 cinnamon sticks
- 3 whole cloves
- 1/4 teaspoon allspice
- 1/8 teaspoon nutmeg
- 1 tablespoon maple syrup (optional)

**Directions:**

In a large pot, combine all ingredients. Bring to a boil over medium-high heat. Boil for about 5 minutes. Cover pot, reduce heat, and simmer for 30 to 40 minutes. Line a colander with cheesecloth and strain the cider. Serve warm. Spike with dark rum for a tasty cocktail.

**Nutrition Facts (per serving):**

Calories – 167	Carbohydrate – 42g
Total Fat – 1g	Dietary Fiber – 5g
Saturated Fat – 0g	Sugar – 32g
Sodium – 14mg	Protein – 1g

**From Nutrition World**

[nutritionw.com](http://nutritionw.com)



Ed Jones, Owner of Nutrition World

# Holistic Health Goals of 2014!

Much of our declining health has a direct connection to the toxic load in our bodies. This is mainly due to the poisons in our environment, foods, water and air. 50% of all disease causing toxins can be eliminated by these simple changes and with very little effort.

- 1.) Change to a chemical free toothpaste:** Commercial toothpastes contain a hodgepodge of chemicals that may lower thyroid function & alter brain chemicals. The toothpaste at Nutrition World is 100% safe with natural ingredients.
- 2.) Drink Only purified water:** Not bottled water, the only true guarantee of pure toxic free water is having a method in your home that removes all chemicals. Nutrition World offers a carafe filtration unit that removes 94% of all chemicals for under \$70.00!
- 3.) Stop using skin & hair care products with harmful ingredients:** Such as sodium laurel sulphates - this is actually a degreaser for engines. Nutrition World carries one of Chattanooga's best selections of natural skin and hair products.
- 4.) Never use dryer sheets:** Totally non-essential products that contain very unhealthy toxins.
- 5.) Wash all fresh foods in a natural vegetable wash:** We cannot always have organic foods and this method is the only other option to reducing some of the pesticides on our foods.
- 6.) Include abundant servings of colored vegetables daily:** Phytochemicals increase the ability of your body to detoxify harmful chemicals and acidity. Nutrition World offers Garden of Life Living Greens or Barleans Greens which contain the highest concentration of raw, organic green vegetables on the market.
- 7.) Use at least 2000iu of Vitamin D daily:** Living with levels of Vitamin D less than 50ng/ml in your body is a recipe for poor health. Nutrition World offers Vitamin D testing on the 3rd Thursday of each month from 10-12 for \$35.00 (all other blood tests also available).
- 8.) Consume Omega 3 foods and capsules daily:** Chronic inflammation has been shown to be the underlying reasons for the most diseases of aging and excessive Omega 6 fats creates much of this damage. Consuming Omega 3 lowers the inflammatory Omega 6 in our bodies.
- 9.) Reduce by 50% the amount of wheat & gluten in your diet:** Wheat and gluten is now shown to vastly increase weight gain, pain, produce foggy brain and fatigue. Nutrition World carries a wonderful selection of gluten free foods to make it easier to transition into gluten free lifestyle.
- 10.) Never use air fresheners:** Chemical compounds in air fresheners may lead to hormone disruption and neurological disorders. Nutrition World recommends using essential oils mixed in water and sprayed in the air or we have a new odor neutralizing product that is totally food based and works fantastic.
- 11.) Reduce the use of microwave oven:** Log onto [www.NutritionW.com](http://www.NutritionW.com) to view article on "Why Russia Banned Microwaves".
- 12.) Move all electrical items at least 5 feet from your bed:** Electro magnetic fields may be contributing to fuzzy thinking, increase in some diseases, feeling of uneasiness and changes in heart rhythm. To purchase EMF protective devices click on link at [www.NutritionW.com](http://www.NutritionW.com).

For more information log onto [NutritionW.com](http://NutritionW.com)



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