



Southwestern Oklahoma State University
SWOSU Digital Commons

SWOSU BULLDOG WELLNESS

Newsletters

11-2022

November 2022

SWOSU Bulldog Wellness Committee

Follow this and additional works at: <https://dc.swosu.edu/wellness>



Part of the [Dietetics and Clinical Nutrition Commons](#), [Health and Medical Administration Commons](#), [Health Information Technology Commons](#), and the [Medical Education Commons](#)

Recommended Citation

SWOSU Bulldog Wellness Committee, "November 2022" (2022). *SWOSU BULLDOG WELLNESS*. 51.
<https://dc.swosu.edu/wellness/51>

This Book is brought to you for free and open access by the Newsletters at SWOSU Digital Commons. It has been accepted for inclusion in SWOSU BULLDOG WELLNESS by an authorized administrator of SWOSU Digital Commons. An ADA compliant document is available upon request. For more information, please contact phillip.fitzsimmons@swosu.edu.



SWOSU

Bulldog Wellness

November 2022



Fruits aren't just for Summertime!

Some fruits aren't as plentiful during the winter months as the summertime, but here are some delicious citrus and other fruits that are very much in season and packed with vital nutrients we need to stay healthy and strong during the colder times of the year.

Here's a rundown of some of the best ones and how they can help keep you healthy.



1. **GRAPEFRUITS**-Topping the list of fruits is the sweet and juicy grapefruit. This seasonal fruit ripens in January and is jam-packed with beneficial and protective nutrients and plant compounds which have antioxidant properties, including lycopene. This means they may help protect cells from the potential damage caused by unstable molecules called free radicals.

2. **PEARS**- A medium pear is a good source of vitamin C. This fruit also packs in some potassium, vitamin K, copper, magnesium, and B vitamins, according to the USDA nutrient database. They are an excellent source of fiber, too, which helps keep your gastrointestinal system regular.



3. **ORANGES**-This wouldn't be a robust list of winter fruits without the orange. You are going to want to make oranges, and any other citrus produce for that matter, your go-to snack food. Oranges, while not necessarily winter crops, are always available and always a good option since they're a vitamin C powerhouse. Also good are oranges' cousins' mandarin oranges, tangerines, tangelos and clementines - as snacks or in between meals on a regular basis.

4. **BANANAS**-Extremely cheap and seemingly always in season, bananas are a great source of potassium, a vital mineral and electrolyte in the body that carries small electrical charges that cause nerve cells to send out signals for the heart to beat regularly and muscles to contract. One serving, or one medium ripe banana, provides about 110 calories.



5. **CRANBERRIES**-High in antioxidants and nutrients, cranberries are a rather small food that packs a lot of punch. You can use the cranberries served during Thanksgiving as a springboard into adding this winter fruit to your diet at least once a week. Being high in antioxidants, cranberries may assist in the prevention of certain cancers, heart diseases, and inflammation, according to medical experts. Like other citrus fruits, they too contain vitamin C, K, and potassium.

6. **KIWI**-his Chinese gooseberry is a brown, fuzzy, egg-sized fruit with bright green flesh. Kiwis are flavorful, healthy, and unique. You may know oranges for their vitamin C and bananas for their potassium content, but the kiwi has them beat in both categories as well as providing vitamin E and K on top of it all. One kiwi provides about 80% of an adult's daily vitamin C requirement.



Remember fruits are an important food source in the winter!