

“WHEN PROJECT”
Weekly Health Education
Program

1 Corinthians 10:31



Mandarin Orange is the December fruit of the month

Mandarin oranges, also known as mandarins, are citrus fruits in the same family as oranges, lemons, limes, and grapefruit. Compared to the common orange, mandarin oranges are smaller, sweeter, and easier to peel.

Tangerines are a type of mandarin with a deep reddish-orange color and pebbly skin. Clementines are a small, seedless type of mandarin orange that are popular because they peel so easily and are extra sweet.

Mandarins delightfully sweet and easy to prepare, but they are also loaded with vitamins, minerals, and antioxidants. Your body needs these elements to stay healthy.

Mandarin oranges have even more beta-carotene and beta-cryptoxanthin than common oranges, making them excellent additions to your diet.

The body turns beta-carotene and beta-cryptoxanthin into vitamin A, which is essential for a healthy immune system, good vision, and normal growth and development.

Mandarin oranges are also an excellent source of vitamin C, another key nutrient for immune system function, as well as maintaining healthy skin and healing wounds. Vitamin C in food is better absorbed by the body than the mega-dose of vitamin C you would get from a supplement.

Improved Cholesterol Levels

Mandarins are a cholesterol-free treat that can help you stick to your diet and stay healthy. They are a good source of soluble fiber, which can help you feel full longer after you eat.

Soluble fiber has been shown to help reduce LDL cholesterol, often called “bad cholesterol” because it can collect in your blood vessels and cause heart problems. Lowering your LDL cholesterol level may decrease your risk of having a heart attack or stroke.

Lower Blood Pressure

The fiber in mandarins can also help manage high blood pressure. This condition can be caused by eating fatty foods, drinking too much alcohol, or smoking. If it’s not regulated, it could put you in danger of developing heart disease. Eating fruits rich in fiber help lower your blood pressure levels and live a healthier life.

Mandarin oranges contain potassium as well. Potassium lowers blood pressure by helping the body get rid of excess sodium (salt) and by easing tension in the walls of blood vessels.

Stronger Bones

Along with potassium, mandarin oranges contain calcium and magnesium. People who get more of these three minerals in their diets tend to have higher bone mineral density. That means their bones are stronger and less likely to break.