

Roving Pantry

*Shopping and Delivery
From Our Hearts
to Your Home*



February 2021

9 Science-Based Benefits Of Grapefruit

Grapefruit is a tropical citrus fruit known for its sweet and somewhat sour taste. It's rich in nutrients, antioxidants and fiber, making it one of the healthiest citrus fruits you can eat. Here are 9 evidence-based health benefits of grapefruit.

1. It's Low in Calories, Yet High in Nutrients

Grapefruit is an incredibly healthy food to include in your diet. That's because it's high in nutrients, but low in calories. In fact, it's one of the lowest-calorie fruits. It provides a decent amount of fiber, in addition to more than 15 beneficial vitamins and minerals.

2. It May Benefit Your Immune System

It's prized for its high content of vitamin C, which has antioxidant properties known to protect your cells from harmful bacteria and viruses. Many other vitamins and minerals found in grapefruit are known to benefit immunity, including vitamin A, which has been shown to help protect against inflammation and several infectious diseases.

3. May Promote Appetite Control

Grapefruit contains a decent amount of fiber, which helps with appetite control by promoting fullness.

4. It Has Been Shown to Aid Weight Loss

It has several properties linked to weight loss, especially its fiber content, which helps promote fullness and reduce calorie intake. Additionally, grapefruit contains few calories but lots of water, which is another characteristic known to help with weight loss.

5. Grapefruit May Help Prevent Insulin Resistance and Diabetes

Eating grapefruit may help control insulin levels and thus have the ability to reduce your likelihood of becoming insulin resistant. Furthermore, eating fruit as a whole is generally associated with better blood sugar control and a reduced risk of type 2 diabetes.

6. Eating Grapefruit May Improve Heart Health

Grapefruit contains nutrients and antioxidants shown to help protect the heart by regulating blood pressure and cholesterol levels. Grapefruit is fairly high in potassium, a mineral responsible for many aspects of heart health. Adequate potassium intake is associated with a reduced risk of high blood pressure. The fiber in grapefruit may also boost heart health, given that a high fiber intake is associated with lower blood pressure and cholesterol levels.

7. It's High in Powerful Antioxidants

Grapefruit contains a few different antioxidants that provide various health benefits, including a reduced risk of several diseases. The most important antioxidants in grapefruit include: Vitamin C, Beta-carotene, Lycopene, and Flavanones.

8. May Reduce the Risk of Kidney Stones

Consuming grapefruit may reduce your risk of developing kidney stones, which result from a buildup of waste materials in the kidneys. The most common type of kidney stones is calcium oxalate stones. Citric acid, an organic acid found in grapefruit, may be effective at preventing them by binding with calcium in the kidneys and flushing it out of the body. Also, citric acid has the ability to increase the volume and pH of your urine, producing an environment that is less favorable to the formation of kidney stones.

9. Very Hydrating

Grapefruit contains a lot of water and is, therefore, very hydrating. In fact, water makes up most of the fruit's weight. While drinking lots of water is the best way to stay hydrated, eating water-rich foods can also help.

Source: <https://www.healthline.com/nutrition/10-benefits-of-grapefruit>

Recipe of the Month:

Tater Tot Casserole

- 1 pound ground beef
- 1 pinch salt and ground black pepper to taste
- 1 (10.75 ounce) can condensed cream of mushroom soup
- 2 cups shredded Cheddar cheese
- 1 (16 ounce) package frozen tater tots

Step 1: Preheat oven to 350 degrees F (175 degrees C). **Step 2:** Cook and stir ground beef in a large skillet over medium heat until no longer pink and completely browned, 7 to 10 minutes; season with salt and black pepper. Stir cream of mushroom soup into the cooked ground beef; pour the mixture into a 9x13-inch baking dish. Layer tater tots evenly over the ground beef mixture; top with Cheddar cheese. **Step 3:** Bake until tater tots are golden brown and hot, 30 to 45 minutes.



Pantry Protocol

To speed up our service to you, **please have your grocery orders ready on your assigned day before 10am.** Our goal is to deliver quality service to all of our clients. If you ever have a problem with your order, such as receiving wrong items, being overcharged, any questions or any suggestions to improve our service, please **call us at 267-4378.** Please note: All returned checks will be charged a \$15 service charge. Please send your coupons to us with your driver. We will use them to help all of our clients save money on their orders.

If an emergency arises **AFTER** you have placed your order and you know you will not be home to receive your order, please call Dillions at 681-6830 and leave me a message the day or night **BEFORE** your scheduled delivery day. Thank you for your cooperation.

- *Ashlee Calaoagan*

Seasonal Fruits and Vegetables

Here is a list of fruits & vegetables that should be plentiful during February. May we suggest you consider these items when placing your grocery order?

Apples	Kale	Rhubarb	Tangelos
Avocados	Kiwi	Salad (pre-bagged)	Tangerines
Beans	Lemons	Spinach	Tomatoes
Broccoli	Lettuce	Squash	Turnips
Brussel Sprouts	Limes	Sweet Potatoes	
Cabbage	Mushrooms		
Carrots	Onions		
Cauliflower	Oranges		
Celery	Parsley		
Cucumbers	Parsnips		
Dried Onions	Pears		
Eggplant	Peppers		
Garlic	Pineapples		
Grapefruit	Plums		
Green Beans	Potatoes		
Green Onions	Radishes		

