Texas Grapefruit

Nutrition:

- Grapefruit is a great source of vitamin A, vitamin C, and a good source of lycopene.
- Vitamin A helps our skin regenerate and stay healthy, vitamin C helps our bodies fight infections, and lycopene is an antioxidant which is thought to help protect against cancer.

Did you know?

- Adding a little salt to grapefruit will make it taste sweeter; since the bitter receptors on your tongue compete with the salty receptors.
- The fiber in the grapefruit helps keep you longer. It also can help reducing cholesterol.

More:

- The most common way to eat grapefruit is to cut it in half and scoop it out with a spoon, but you can also peel and section it like an orange.

Follow this link to watch a student scientist turn on a light with a fruit battery.