

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.