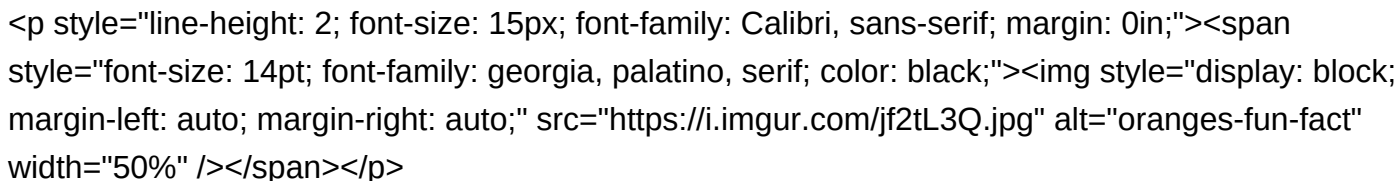


## 57 Facts About Oranges



Oranges are citrus fruits that can be taken as a whole or as a juice. I will recommend taking orange as a whole thanks to its [fiber content](https://bit.ly/2Vcfo2M).

Fruits are good for consumption apart from their nutrient composition, they contain phytochemicals. Orange is one of the most popular fruits in the world and here I present 57 interesting facts about oranges.

## Interesting Facts about oranges

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- Orange is the largest citrus food in the world
- Oranges were the most commonly consumed fruits of 20th century
- Orange is a great source of vitamin C; a single orange contains 60-65 % of the daily recommendation of the vitamin.
- Orange contains almost twice as much magnesium as an average apple (13g vs 7g, respectively).
- Orange contains almost twice as much phosphorus in apple (18g vs 9.5g, respectively).
- Orange contains almost twice as much potassium in apples (237 mg vs 18 mg, respectively).
- Orange peels contain flavonoids which are antioxidant.
- We have a species of orange called sweet orange ([Citrus  \$\times\$  sinensis](https://en.wikipedia.org/wiki/Citrus_%C3%97_sinensis)) and another species called bitter orange ([Citrus  \$\times\$  aurantium](#)).
- Orange originated in a region encompassing [Southern China](#), [Northeast India](#), and

blue;">&nbsp;Myanmar</span></span></li>

<li><span style="font-family: roboto; font-size: 14pt;">In 2019, 79 million<span style="color: blue;">&nbsp;tonnes</span> of oranges were grown worldwide, with Brazil producing 22% of the total, followed by China and India</span></li>

<li><span style="font-family: roboto; font-size: 14pt;">The word orange derives from the<a href="https://en.wikipedia.org/wiki/Sanskrit"><span style="color: blue;">&nbsp;Sanskrit</span></a> word for "orange tree".</span></li>

<li><span style="font-family: roboto; font-size: 14pt;">The taste of oranges is determined mainly by the relative ratios of sugars and acids, whereas orange aroma derives from<span style="color: blue;">&nbsp;volatile organic compounds</span>, including<span style="color: blue;">&nbsp;alcohols</span>,<span style="color: blue;">&nbsp;aldehydes</span>,<span style="color: blue;">&nbsp;ketones</span>,<span style="color: blue;">&nbsp;terpenes</span>,<span style="color: blue;">&nbsp;esters</span>.</span></li>

<li><span style="font-family: roboto; font-size: 14pt;">Orange flesh is 87% water, 12%<span style="color: blue;">&nbsp;carbohydrates</span>, 1%<span style="color: blue;">&nbsp;protein</span>, and contains negligible<span style="color: blue;">&nbsp;fat</span>.</span></li>

<li><span style="font-family: roboto; font-size: 14pt;">Oranges are primarily made up of carbs and water. They're also a good source of fiber, which may support digestive health.</span></li>

<li><span style="font-family: roboto; font-size: 14pt;">Regular consumption of orange may help lower the risk of heart diseases just like <a href="https://bit.ly/2TutoUO" target="\_blank" rel="noopener">strawberries</a>.</span></li>

<li><span style="font-family: roboto; font-size: 14pt;">Oranges are an excellent source of organic acids such as citric acid and vitamin C which help the body to absorb iron.</span></li>

<li><span style="font-family: roboto; font-size: 14pt;">When eaten with iron rich food, oranges may help prevent anaemia.</span></li>

<li><span style="font-family: roboto; font-size: 14pt;">Eating whole oranges is healthier than drinking orange juice. Fruit juices tend to be high in sugar and not as filling as whole fruit.</span></li>

<li><span style="font-family: roboto; font-size: 14pt;">Some people are allergic to oranges, and their acidity may increase the symptoms of heartburn. However, oranges pose few health risks overall.</span></li>

<li><span style="font-family: roboto; font-size: 14pt;">Drinking orange juice isn't very filling and may contribute to excess calorie intake and weight gain. It may also raise your blood sugar more than a whole orange and can increase your risk of dental decay.</span></li>

<li><span style="font-family: roboto; font-size: 14pt;">Orange juice can increase the pH of the urine and, as a result, lower the risk of kidney stones.</span></li>

<li><span style="font-family: roboto; font-size: 14pt;">Orange juice may help increase levels of &ldquo;good&rdquo; HDL cholesterol and decrease total and &ldquo;bad&rdquo; LDL cholesterol, as well as diastolic blood pressure.</span></li>

<li><span style="font-family: roboto; font-size: 14pt;">Orange juice may help decrease markers of inflammation, which could help reduce your risk of chronic disease.</span></li>

<li><span style="font-family: roboto; font-size: 14pt;">With a high resistance to disease, more oranges are killed by lightning than by plant diseases.</span></li>

<li><span style="font-family: roboto; font-size: 14pt;">Orange juice is the most popular fruit juice in America.</span></li>

<li><span style="font-family: roboto; font-size: 14pt;">Choline is <a href="https://ods.od.nih.gov/factsheets/Choline-HealthProfessional/" target="\_blank" rel="noopener"><span style="color: blue;">an important nutrient</span></a> in oranges that helps with sleep, muscle movement, learning, and memory.</span></li>

<li><span style="font-family: roboto; font-size: 14pt;">Christopher Columbus brought the first citrus to North America in 1493.</span></li>

<li><span style="font-family: roboto; font-size: 14pt;">The average American consumes 2.7 gallons of orange juice a year, making it the most consumed juice.</span></li>

<li><span style="font-family: roboto; font-size: 14pt;">There are over 600 varieties of oranges in the world.</span></li>

<li><span style="font-family: roboto; font-size: 14pt;">One orange provides approximately 12% of the recommended daily amount of dietary fiber.</span></li>

<li><span style="font-family: roboto; font-size: 14pt;">Spain has over 35 million orange trees.</span></li>

<li><span style="font-family: roboto; font-size: 14pt;">A fully grown orange tree can reach up to 30 feet in height.</span></li>

<li><span style="font-family: roboto; font-size: 14pt;">The Washington Navel Orange tree that helped start the California citrus industry is still standing and producing fruit.</span></li>

<li><span style="font-family: roboto; font-size: 14pt;">According to American Heart Association, Oranges help lower the risk of ischemic stroke in women.</span></li>

<li><span style="font-family: roboto; font-size: 14pt;">In order to get the same amount of fibre as you would from a medium orange, you&rsquo;ll need to eat 7 cups of Cornflakes.</span></li>

<li><span style="font-family: roboto; font-size: 14pt;">The flowers of an orange tree are white in colour and have a wonderful fragrance.</span></li>

<li><span style="font-family: roboto; font-size: 14pt;">Oranges are around 10 thousand times more acidic than the pH of our blood. Less than lemon juice and more than tomato juice.&nbsp;</span></li>

<li><span style="font-family: roboto; font-size: 14pt;">Orange peel can be reused to remove grease, oil spots and orange tea.</span></li>

<li><span style="font-family: roboto; font-size: 14pt;">Some types of oranges will remain green even after ripening.</span></li>

<li><span style="font-family: roboto; font-size: 14pt;">More than 70% of America&rsquo;s supply of citrus comes from Florida.</span></li>

<li><span style="font-family: roboto; font-size: 14pt;">After the <span style="color: blue;">Second World War</span>, orange juice concentrate became available in America.</span></li>

<li><span style="font-family: roboto; font-size: 14pt;">Oranges have a good amount of citric and citrates that help prevent kidney stone formation.</span></li>

<li><span style="font-family: roboto; font-size: 14pt;">There are around 10 segments in an

orange.</span></li>

<li><span style="font-family: roboto; font-size: 14pt;">The first orange tree is grown in China.</span></li>

<li><span style="font-family: roboto; font-size: 14pt;">Orange blossoms and oranges are a symbol of love.</span></li>

<li><span style="font-family: roboto; font-size: 14pt;">Orange was used as the name of the color in 1542.</span></li>

<li><span style="font-family: roboto; font-size: 14pt;">Almost 70 million tons of oranges are produced each year.</span></li>

<li><span style="font-family: roboto; font-size: 14pt;">Dried leaves and flowers of the orange tree can be used for the preparation of tea.</span></li>

<li><span style="font-family: roboto; font-size: 14pt;">Sub-tropical areas are ideal conditions for growing oranges. They must have enough sunshine with moderate to warm temperatures, about 60&deg;F &ndash; 84 &deg;F.</span></li>

<li><span style="font-family: roboto; font-size: 14pt;">Bitter oranges are commonly used to make marmalade.</span></li>

<li><span style="font-family: roboto; font-size: 14pt;">Cara cara is the prettiest of all the orange varieties.</span></li>

<li><span style="font-family: roboto; font-size: 14pt;">Clementine oranges are named after a French missionary who discovered the variety in Algeria.</span></li>

<li><span style="font-family: roboto; font-size: 14pt;">Oranges are a hybrid of two citrus fruit: a pomelo and a mandarin, with 25% of its genome coming from the pomelo and 75% from the mandarin.</span></li>

<li><span style="font-family: roboto; font-size: 14pt;">As a subtropical fruit that grows in temperate climates oranges turn orange, but for those that are grown in the tropics their chlorophyll is preserved and they tend to remain green.</span></li>

<li><span style="font-family: roboto; font-size: 14pt;">The word "Orange" was first used for the color and not for the fruit.</span></li>

<li><span style="font-family: roboto; font-size: 14pt;">Commercial oranges are often bright orange because an artificial dye, Citrus Red Number 2, is injected into their skins at a concentration of 2 parts per million.</span></li>

<li><span style="font-family: roboto; font-size: 14pt;">The white orange blossom is the state flower of Florida. It is highly fragrant and has long been used in weddings as cake decoration, in bridal bouquets and in head wreaths. The blossom essence is an important component in the making of perfume and the petals can also be made into "orange blossom/flower water.</span></li>

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<p style="line-height: 2; font-size: 15px; font-family: Calibri, sans-serif; margin: 0in 0in 8pt;"><span style="font-size: 14pt; line-height: 107%; font-family: roboto;">&nbsp;</span></p>