

# Health Minute™

Pick up a pomelo...

The pomelo is an ancient citrus fruit native to China. Living up to its name, *Citrus Maxima*, it can grow up to a foot in diameter and weight up to 25 pounds. It is popular in Asian cuisines and is grown commercially in California, Florida, and Israel. Much more than a conversation piece, the pomelo has a lot of health benefits. It is low in fat and calories and high in fiber and potassium. Pomelos are also delicious, tasting a lot like a grapefruit sprinkled with sugar. Look for them in Asian markets and in local groves.



Pomelo (left) compared to grapefruit (right)

<b>Pomelo Power</b>	<b>Fun Pomelo Facts</b>
<p>One quarter of a pomelo has 60 calories and supplies over 100% of your recommended daily vitamin C</p> <p>One pomelo has about four grams of fiber</p> <p>One cup of pomelo sections contains about 410 mg of potassium</p> <p>Use pomelo in recipes where grapefruit is called for</p>	<p>The grapefruit is a hybrid between orange and pomelo</p> <p>The tangelo is a hybrid between pomelo and tangerine</p> <p>Pomelo trees can grow up to 50 feet tall</p> <p>The thick flesh of the pomelo can be candied or made into marmalade</p> <p>Was first referred to in Chinese literature around 2200 B.C.</p>