


The Sports Club/LA presents the Ingredient of the Month:

Oranges

April



The nutritional claim to fame of oranges, and citrus fruits in general, is that they are packed with vitamin C – a powerful antioxidant and immune system booster. Oranges are a good source of soluble fiber at about 3.5 grams in one orange, which can help keep cholesterol and blood sugar levels in check. They also contain calcium for bone health and potassium, which among many other things is a large contributor to digestive health and proper muscle function.

Some of the other bonuses of the all-mighty orange are that oranges are relatively low in sugar and extremely low in calories with nearly 70 calories in one orange.

In addition to experiencing the flavor and versatility of this season's orange crop in your own kitchen, try our two new delicious recipes perfected by our Registered Dietitian, Amy Gilman, nutrition intern, Katherine Basbaum, and the culinary team at blu Restaurant in Boston.

Orange Vanilla Dream Smoothie
Citrus Salad



Recipes available online in April's Club Happenings, or learn more by scanning the QR code above. Please contact Amy Gilman, Registered Dietitian and Private Trainer, at 857.363.8935 or agilman@mp-trainer.com for more information.