

HEALTH

Florida Orange Juice Fuels Your Fun This Spring

NewsUSA

(NU) - Spring is full of fun celebrations and holidays, but did you know that May 4th is National Orange Juice Day? Celebrate with your friends and family by raising a refreshing glass of Florida Orange Juice and enjoying firsthand the “Amazing Inside” Florida Orange Juice that helps fuel your fun every day!

Drinking eight-ounces of Florida Orange Juice is the perfect way to start off the weekend - either during breakfast or by adding it to your favorite Cinco de Mayo or Derby cocktail.

The popular refrigerator staple is known for its “Amazing 5” benefits: no added sugar, vitamin C, potassium, folate and great taste; and an 8-ounce serving of 100-percent orange juice helps Americans meet their recommended daily fruit intake.

The vitamin C, potassium and folate in Florida Orange Juice offer several nutritional benefits for your body, such as helping support healthy skin and bones, proper muscle function and red blood cells. It also contains only natural-occurring sugar straight from the orange and is different from other orange juices in that it comes directly from the sandy soil of Florida, making it not only nutritious but also giving it a one-of-a-kind taste - like pure sunshine in a glass!

While fueling your fun with the “Amazing 5” found in Florida Orange Juice, you can also help keep your body hydrated, thanks to its



electrolytes, which can help you to keep going strong throughout the day. Even on your routine weekdays, 100-percent orange juice is a great way to increase your vitamin and nutrient intake for all your activities - whether it's a pre-soccer practice snack for your kids or incorporating it into delicious recipes throughout the week, such as smoothies, salad dressings and make-ahead dinners.

To join the celebrations on May 4, consider trying a festive recipe, such as the Florida Orange Margarita, which is the perfect blend of sweet and sour, by visiting FloridaJuice.com, or follow @FloridaOrangeJuice on Instagram and Facebook and share the way Florida Orange Juice fuels your fun by using #NationalOJ-Day.

For more information about the great taste and health benefits of Florida Orange Juice, visit FloridaJuice.com.