

SAISD CHILD NUTRITION SERVICES
FRESH FRUIT & VEGETABLE PROGRAM

TANGERINES



Tangerines are a type of mandarin orange. They contain many beneficial vitamins and minerals and are low in fat. One small tangerine provides 34% of your daily intake of vitamin C and 10% of your daily intake of vitamin A. Tangerines contain small amounts of potassium, calcium, magnesium, and iron.

Potassium-rich diets reduce the risk for cardiovascular disease. Calcium is important for healthy bones and teeth. Magnesium helps regulate blood pressure. Iron is important for providing oxygen to muscles.

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER