

# Immune Health is Top of Mind – All Year Long



Immune health often takes center stage during colder months, but nutrition plays a continuous role in supporting immune function year-round. As health professionals, you play an important role in helping people understand how daily nutrition practices, like consistent intake of key nutrients, overall diet quality and hydration, can help support the body's natural defenses every day.

## 100% Orange Juice as a Supportive Tool for Immune Health

While no single food can prevent illness, certain nutrient-dense foods and beverages can help meet key nutrient needs and support overall health. That's where 100% orange juice can play a valuable role.

- An 8-oz serving of 100% orange juice is an excellent source of vitamin C and a good source of folate and thiamin, nutrients that support immune function.<sup>1</sup>
- Fortified orange juice has vitamin D, which supports immune health and the body's ability to fight bacteria and viruses.<sup>2</sup>
- 100% orange juice naturally has hesperidin, a unique plant compound shown to support immune health through its antioxidant-like activity and its role in reducing inflammation.<sup>3</sup>
- 100% orange juice is a nutrient-dense, versatile beverage that can be enjoyed beyond the glass — think soups, smoothies, baked goods, dressings and marinades.
- Nearly 90% water, with naturally occurring electrolytes like potassium, 100% orange juice can support daily hydration.<sup>4</sup>
- The naturally sweet taste of 100% orange juice we all know and love comes 100% from the orange itself, with no added sugar.<sup>5</sup>
- Research has linked 100% orange juice consumption with higher overall diet quality and improved nutrient intake.<sup>7</sup>
- 8-oz of 100% orange juice counts as one serving of fruit. Evidence shows that 100% fruit juice complements, rather than replaces, whole fruit intake, helping people meet fruit recommendations.<sup>6</sup>

**DID YOU KNOW?** The way oranges are pressed during commercial juicing helps release higher levels of hesperidin and other beneficial phytonutrients from the peel.<sup>3</sup>



**What's in a glass?** An 8-ounce serving of 100% orange juice has nutrients and naturally occurring plant compounds that support immune function, hydration and overall health, making it a practical option for everyday nutrition.

**Vitamin C** 85% daily value

**Folate** 18% daily value

**Hydration** Almost 90% water

**Potassium** 10% daily value

**Phytonutrients** Flavonoids, Hesperidin, Naringin

**Carotenoids** Beta-carotene, Alpha-carotene, Beta-cryptoxanthin, Lutein, Zeaxanthin



**Thiamin** 15% daily value

**Riboflavin** 8% daily value

**Vitamin B6** 6% daily value

**Magnesium** 6% daily value

**Phosphorus** 4% daily value

**Vitamin A** 2% daily value

In fortified juices:  
**Vitamin D** 10% daily value  
**Calcium** 25% daily value

# Florida Orange Juice: From Florida Groves to the Glass

Florida Orange Juice starts with oranges grown by Florida citrus growers — many who have produced Florida Citrus for generations. Combined with Florida's unique subtropical climate, these oranges help give Florida Orange Juice its distinctive characteristics.

Florida-grown oranges are used across many familiar brands found nationwide. Whenever and wherever you buy Florida Orange Juice, you show support for Florida Citrus growers.



**Follow Florida Orange Juice for nutrition information and resources. Share how you're talking about and enjoying 100% orange juice with patients and in everyday meals.**



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## References

<sup>1</sup>Florida Department of Citrus. Immune System Support. Available at: <https://www.floridacitrus.org/orange-health-benefit/immune-system-support/>

<sup>2</sup>Florida Department of Citrus. Calcium and Vitamin D. Available at: <https://www.floridacitrus.org/orange-juice-nutrition/calcium-and-vitamin-d/>

<sup>3</sup>Florida Department of Citrus. Hesperidin. Available at: <https://www.floridacitrus.org/orange-juice-nutrition/hesperidin/>

<sup>4</sup>Florida Department of Citrus. Hydration. Available at: <https://www.floridacitrus.org/orange-juice-nutrition/hydration/>

<sup>5</sup>Florida Department of Citrus. No Sugar Added. Available at: <https://www.floridacitrus.org/orange-juice-nutrition/no-sugar-added/>

<sup>6</sup>Gazan R, et al. Consumption of 100% Juice and Diluted 100% Juice Is Associated with Better Compliance with Dietary Guidelines for Americans: Analyses of NHANES 2017–2023. *Nutrients*. 2025; 17(16):2715. <https://doi.org/10.3390/nu17162715>

<sup>7</sup>Mailhot M, et al. Consumption of 100% Orange Juice in Relation to Flavonoid Intakes and Diet Quality Among US Children and Adults: Analyses of NHANES 2013–16 Data. *Front Nutr*. 2020;7:63. Published 2020 May 13. [doi:10.3389/fnut.2020.00063](https://doi.org/10.3389/fnut.2020.00063)