

# GLOBAL CITRUS SCAN (16/2011)

John Edmonds (6 May 2011)

Citrus Growers Association (CGA)

|                              |                  |                 |                  |
|------------------------------|------------------|-----------------|------------------|
| <b>Current Exchange Rate</b> | <b>R/\$ 6.69</b> | <b>R/€ 9.87</b> | <b>R/£ 11.02</b> |
| <b>Last Week:</b>            | <b>R/\$ 6.60</b> | <b>R/€ 9.78</b> | <b>R/£ 11.00</b> |
| <b>Last Year:</b>            | <b>R/\$ 7.59</b> | <b>R/€ 9.81</b> | <b>R/£ 11.49</b> |

[[www.oanda.com/currency/converter](http://www.oanda.com/currency/converter)]

## **New research suggests grapefruit can play a role in weight loss success**

One-hundred percent grapefruit juice – a dieter's friend? A new study, published in Nutrition & Metabolism, concluded that enjoying a pre-meal snack of grapefruit, grapefruit juice or water as part of a reduced-calorie diet can be part of an effective weight loss strategy for obese adults.(1) Researchers at Vanderbilt University found that obese adults who consumed half a grapefruit, about a half-cup (4.5 ounces) of 100 percent grapefruit juice or about a half-cup (4.5 ounces) of water before three main meals, while on a reduced-calorie diet, experienced significant decreases in weight, body mass index (BMI) and waist circumference. Following the 14-week study, participants experienced an average weight loss of 7.1 percent of their initial body weight. This translates to an average of about 15 pounds per person. "There's often a misconception that 100 percent fruit juice should be omitted by those on a weight loss plan," says Heidi J. Silver, PhD, RD, Assistant Professor of Medicine, Vanderbilt Center for Human Nutrition. "However, this study shows that consumption of a half-cup of 100 percent grapefruit juice led to similar weight loss results as those who chose fresh grapefruit or water as a pre-meal snack three times daily. As with any food or beverage, it's all about moderation while on a weight loss plan."...While the study shows that participants who consumed a serving of grapefruit or 100 percent grapefruit juice before meals lost the same average weight as those who drank water, these individuals experienced additional potentially significant benefits not reported in the water-drinking group:

- \* Increase in HDL cholesterol – Participants who ate half a grapefruit or drank a half-cup of grapefruit juice experienced a significant increase in HDL cholesterol, often referred to as "good" cholesterol – the magnitude of increase in HDL-C could have significant cardiovascular benefits.

- \* Decrease in appetite – Those who enjoyed about a half-cup of grapefruit juice as their pre-meal snack reported a significant decrease in appetite.

- \* Increase in key nutrient intake – Daily consumption of fresh grapefruit or 100 percent grapefruit juice also led to a significant increase in vitamin C intake. Additionally, those who ate half a grapefruit as their pre-meal snack had the added benefit of increasing their fiber intake.

[[Freshplaza.com](http://Freshplaza.com); 28 April 2011]

## **Mozambique: Export of citrus fruit via port of Maputo, expected to lower prices**

The export of citrus fruits produced in Mphumalanga and Limpopo, in South Africa, may be carried out via the port of Maputo at a significantly lower cost compared to those in other ports in the region, according to information published by the Maputo Corridor Logistics Initiative (MCLI). During a meeting in the South African city of Nelspruit, the coordinator of the South African Citrus Products Association, Mitchel Brooke, said according to Mozambican newspaper Notícias that opting for Maputo could reduce prices by 3 to 5 rand per box exported. The meeting, which was organised with the aim of promoting the inclusion of the Maputo Corridor as a preferential route for the region's fruit exporters to markets all over the world, was attended by representatives from the citrus fruit industry, shipping agencies, ship owners, customs dispatchers and cargo terminal operators. In terms of customs procedures, Eddie Ferreira, of the Delta Metreta group, said that these could be concluded on the border in 20 minutes at the border post set up at so-called Km7, in Kommatipont, on the South African side of the border where, similarly to Km4, in Mozambique, joint Mozambican and south African teams work together as part of the one-stop border post system.

[[macauhub.com.mo](http://macauhub.com.mo) ; 28 April 2011]

## **Brazil: Sao Paulo orange crop to rise to 355 million boxes**

Orange output in Brazil's Sao Paulo state, the world's biggest producing region, may rise more than previously forecast this year because of adequate rains during the flowering season, the country's Agriculture Ministry said. Sao Paulo state will produce 355 million boxes this year, up from a January forecast of 352.9 million boxes...Last year, growers in Sao Paulo produced 322.2 million boxes. About 303 million boxes will go to industrial producers of juice and 52 million boxes may be consumed as fruit...One orange box weights 40.8 kilos (90 pounds).

[[bloomberg.com](http://bloomberg.com) ; 6 May 2011]

**If you need more information on any of these issues, or if there is anything else that CGA can assist with, please contact us at 031 7652514, or [johne@cga.co.za](mailto:johne@cga.co.za)  
YOUR LEVY WORKING FOR YOU – GROWER LEVIES ARE USED TO FUND THE ACTIVITIES OF CGA**