

FAMILY FOOD SOLUTIONS

The FRUIT Group: How Sweet

Fruits are a great way to have your sweets for the day. Fruits have natural sugars that cause them to taste sweet. The sugar in fruit helps fuel our bodies, plus fruit is a delicious treat!

WHAT'S IN FRUIT?

VITAMIN A: Helps us have good night vision and healthy skin. Examples of fruits rich in vitamin A are apricots, cantaloupe, oranges, peaches, and mangoes.

VITAMIN C: Helps our bodies fight infections, helps heal cuts, helps us recover from colds, and reduces the risk of some chronic diseases. Examples of fruits rich in vitamin C are oranges, tangerines, tangelos, lemons, and limes.

FOLATE: Important for everyone, but especially for pregnant women—it helps prevent birth defects. Examples of fruits rich in folate are strawberries, oranges, blackberries, and cantaloupe.

POTASSIUM: Helps our muscles contract and relax, and is especially important when we're physically active. Examples of fruits rich in potassium are bananas, cantaloupe, honeydew melon, dried peaches and apricots, prunes and prune juice, and orange juice.

FIBER: Helps prevent constipation and can help reduce the risk of heart disease and certain cancers. Most of the fiber in fruits is found in the pulp, like in oranges and orange juice, or the peel (like in peaches or nectarines).

REMEMBER TO MAKE HALF YOUR PLATE FRUITS AND VEGETABLES!



HOW MUCH DO I NEED A DAY?

2 to 3 years of age: **1 cup**
4 to 8 years of age: **1 to 1½ cup**

Females

9 to 18 years of age and 31 years and over: **1½ cup***
19 to 30 years of age: **2 cups***

Males

9 to 13 years of age: **1½ cup***
14 years of age and over: **2 cups***

HOW TO GET KIDS TO CHOOSE FRUIT

- Make a game out of trying a fruit your family has never tried before.
- Buy fresh, frozen, canned (in water or natural juice), and dried fruits to keep in your pantry.
- Pick a variety of colorful fruits.
- Keep fruit where you and your kids can see it and reach it easily. Keep cut fruit in a bowl on a lower shelf in the refrigerator, and keep fresh fruit on a low table or counter.



HOW TO ADD FRUIT TO MYPLATE

- Have a whole piece of fruit with lunch or for a snack—a banana, peach, pear, or apple, for example. Encourage your kids to eat some, too.
- Try to eat a different fruit at snack time every day.
- Combine several fruits with low-fat milk or low-fat vanilla yogurt and ice for a delicious smoothie.
- Add fruit like strawberries, raisins, mandarin orange slices, cranberries, or dried cherries to salads.
- Eat fruit with your breakfast: cut strawberries, peaches, or bananas and add these to your cereal, oatmeal, pancakes, or yogurt.



DINNER SOLUTION: EASY FRUIT SALAD

- 1 (16 oz) can of fruit cocktail (in its own juice), drained
- 2 sliced bananas
- 2 oranges, peeled and cut into bite-size pieces
- 2 apples, cut into bite-size pieces
- 8 oz low-fat vanilla yogurt

Directions

Mix fruit in a large bowl. Add yogurt and mix well. Chill in refrigerator before serving. Makes 4 servings.



Meal Tip: May be served as a snack, as a side dish, or over a salad.

Nutrition Facts: Amount per ½ cup serving:

Calories: 70, Total Fat: 0g, Saturated Fat: 0g, Cholesterol: 0mg, Sodium: 10mg, 5%, Total Carbohydrate: 17g, Dietary Fiber: 2g, Sugar: 12g, Protein: 1g

MyPlate: www.choosemyplate.gov/foodgroups/fruits_why.html

USDA SNAP-ED Connection: http://recipefinder.nal.usda.gov/index.php?mode=display&rec_id=83

***Serving size information:** Recommended servings for each food group and the percent daily values listed on nutrition facts labels are based on a 2,000-calorie reference diet. They serve as guides to help determine daily intake. You may need fewer or more calories and servings of a nutrient, depending on your body size and activity level. For personalized information, visit www.choosemyplate.gov. You will enter information such as your age, sex, and level of activity to determine your calorie and serving needs.



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