

1-1-2003

How to Get 2 to 4 Servings of Fruit a Day

Utah State Extension
Utah State University

Warning: The information in this series may be obsolete. It is presented here for historical purposes only. For the most up to date information please visit [The Utah State University Cooperative Extension Office](#)

Recommended Citation

Utah State Extension, "How to Get 2 to 4 Servings of Fruit a Day" (2003). *All Archived Publications*. Paper 1260.
http://digitalcommons.usu.edu/extension_histall/1260

This Factsheet is brought to you for free and open access by the Archived USU Extension Publications at DigitalCommons@USU. It has been accepted for inclusion in All Archived Publications by an authorized administrator of DigitalCommons@USU. For more information, please contact becky.thoms@usu.edu.



HOW TO GET 2 TO 4 SERVINGS OF FRUIT A DAY

Fruit adds nutrients, flavor and color to our meals. They make great low-fat snacks and desserts. Eat 2 to 4 servings every day. Try the following ideas to get more fruit in your diet.

- ✓ Put fruit in easy to reach places. Have a bowl of fresh fruit on your table. Be sure to wash fruit before eating it.
- ✓ Top hot or cold cereal, pancakes, waffles, yogurt or salads with fruit.
- ✓ Pour a glass of 100% fruit juice instead of soda pop or other sugary soft drinks.
- ✓ Substitute 100% fruit juice for cold water when making gelatin.
- ✓ Offer children fruit cut into bite-size pieces.
- ✓ Serve fruit with a dip such as vanilla yogurt or peanut butter.
- ✓ Freeze 100% fruit juice in an ice cube tray or small paper cups. Children enjoy frozen fruit cubes or "fruitsicles."
- ✓ Blend fruit with milk for a healthy shake. Freeze mashed fruit until it is slightly thickened for a fruit slush.
- ✓ Add chopped or mashed fruit to quick breads, muffins and other baked goods.



NUTRITIVE VALUE	
Fruit High in Vitamin C	Fruit High in Vitamin A
<ul style="list-style-type: none"> Cantaloupe Grapefruit (and juice) Honeydew melon Kiwi fruit Lemons, Limes Tangerines Oranges (and juice) Strawberries 	<ul style="list-style-type: none"> Apricots Cantaloupe Mangos Nectarines Papayas Peaches Watermelon

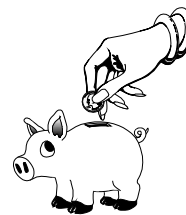
Vitamin C helps heal cuts and bruises, builds healthy bones and gums, helps the body absorb iron and fights infection.

Vitamin A promotes growth, keeps the skin and eyes healthy and prevents night blindness.

Fiber prevents constipation. Eat whole fruit often. They have more fiber than fruit juices.

BUYING, CHOOSING & STORING FRUIT

SAVE MONEY BUYING FRESH FRUIT



- ✓ Buy fresh fruit in season.
 - Buy from local farmers and stands.
 - Buy only the amount you can use within a few days.
 - Look for fruit that is bright in color and free from bruises.
- ✓ Canned fruit may be the best buy when fresh fruit is not in season.
- ✓ Select frozen fruit that is loosely packaged rather than frozen in a solid block.

<u>Winter</u> Grapefruit Kiwi fruit Oranges	<u>Summer</u> Apricots Berries Cantaloupe Cherries Grapes Peaches	<u>Fall</u> Apples Cranberries Grapes
<u>Spring</u> Berries Pineapple Rhubarb	Pears Plums Watermelon	<u>Year Round</u> Apples Bananas Papayas

STORAGE

- ✓ Store fresh fruit carefully to preserve flavor, vitamins and minerals.
- ✓ Store unripe fruit and bananas at room temperature.
- ✓ Store ripe fruit in the refrigerator.



WALDORF SALAD

1/4 cup raisins
2 large apples
1 cup celery, diced
1/4 cup walnuts, chopped

1/4 cup mayonnaise or salad
dressing
1/2 tsp. sugar
1 tsp. lemon juice

Soak raisins in warm water until plump; drain. Wash apples; core but do not peel. Combine apples, celery, nuts and raisins. Stir together mayonnaise, sugar and lemon juice. Pour over apple mixture and toss lightly. Yield: 4 servings.

UtahState
UNIVERSITY
EXTENSION
EFNEP

Utah State University Extension does not discriminate on the basis of race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, or marital or family status in employment or program delivery. Some materials are adapted from MSU, KSU, and ISU Extension Services, and USDA. Compiled by Kay Evans, EFNEP Supervisor.