

2003

How to Get 2 to 4 Servings of Fruit a Day

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Recommended Citation

Utah State Extension, "How to Get 2 to 4 Servings of Fruit a Day" (2003). *All Archived Publications*. Paper 1260.
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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

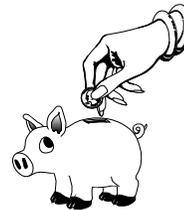
Vitamin C helps heal cuts and bruises, builds healthy bones and gums, helps the body absorb iron and fights infection.

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.

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