



FRUITS



NEP

Nutrition Education Program

Department of
Workforce Services





FRUITS

Fruits are abundant year round for many uses. They are tasty and convenient simply eaten "as is", but they are equally delicious when sliced into a salad and tossed with a tangy dressing, baked in a tart-sweet pie, as a topping for cakes or ice cream, as an accompaniment to meat, fish or chicken, or cooked into any one of a number of savory jams, preserves, relishes or sauces.

Things to Know

Fruits are an important part of a balanced diet because they are high in vitamins and low in fats and calories.

- ◆ A diet should include 3-5 servings daily from the fruit group in the Food Guide Pyramid.
- ◆ One fruit serving is:
 - 1 medium apple, banana, or orange
 - $\frac{1}{2}$ grapefruit
 - $\frac{1}{2}$ cup chopped, raw, cooked, or canned fruit
 - $\frac{1}{4}$ cup dried fruit
 - $\frac{3}{4}$ cup fruit juice
- ◆ Because of their excellent vitamin content and low calories, fruits make good snack and dessert choices.
- ◆ Fruit puree can be substituted for fat in many recipes.
- ◆ Fruit jams and pies should be eaten sparingly as they are high in calories and sugar.





Shopping Skills

When buying fruits:

- ◆ To get the most for your money, compare prices at the grocery store.
- ◆ Buy from local farmers and stands.
- ◆ Buy only the amount you can use in a few days.
- ◆ Look for fruits that are bright in color and free from bruises.
- ◆ Canned fruits may be the best buy when fresh fruits are not in season.
- ◆ Select frozen fruits that are loosely packaged rather than frozen in a solid block.
- ◆ Pick fruit that is heavy for its size.



- ◆ Buy fresh fruits in season to save money.

Winter	Spring	Summer	Fall
Grapefruit Kiwi fruit Oranges 	Berries Pineapple Rubarb 	Apricots Berries Cantaloupe Cherries Grapes Honeydew Peaches Pears Plums Watermelon 	Apples Cranberries Grapes 
			Year Round
			Apples Bananas Papaya

Preparation Skills

- ◆ When preparing fruit:
 - Wash thoroughly
 - Leave peels on whenever possible
 - Cut pieces small enough to eat easily, but large enough to recognize type of fruit.
 - Some cut fruit surfaces will turn brown when exposed to air. To prevent this, dip the pieces in lemon juice.

Storage

- ◆ Store ripe fruits in the refrigerator. Apricots, bananas, cantaloupe, kiwi, and plums may be ripened further at room temperature before refrigeration.
- ◆ Bananas may be stored at room temperature as well as in the refrigerator. The skin of ripe bananas stored in the refrigerator will turn brown but the fruit will stay white. Bananas can also be frozen in their skins until ready to eat.
- ◆ Store watermelon in a cool place (55-70 degrees F.).
- ◆ Store canned and dried fruit in a cool, dry place.
- ◆ Throw away fruits that have been stored too long and smell bad and are moldy or slimy.
- ◆ Overripe bananas can be mashed, stored in air tight containers, and frozen to be used later in banana bread.
- ◆ Most fresh fruits last only a few days after ripening. Therefore, buy only what you can use in that period of time.



Fruit Slaw

Ingredients:

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|---|--------------------------------------|
| 1 (20 oz.) can pineapple chunks
(juice pack) | 2 Tbsp. cooking oil |
| 4 cups shredded cabbage | 2 Tbsp. honey |
| 1 1/3 chopped red apple | 2 Tbsp. lemon juice |
| 1 cup shredded carrot | 1/4 tsp. ground ginger or gingerroot |
| 1/2 cup chopped green pepper | 1/4 tsp. salt |

Directions:

Drain pineapple chunks, reserving 4 Tbsp. of juice. Set juice aside. In a large bowl combine pineapple, cabbage, apple, carrot and green pepper. In a separate bowl or dressing jar combine reserved pineapple juice, oil, honey, lemon juice and ginger. Stir or cover and shake well. Pour dressing over salad. Toss lightly to coat. Chill 4-24 hours. Toss again before serving. Serve with a slotted spoon.

Fruit Slaw Nutrition Facts			
Serving Size	1/2 cup		
Servings Per Container	18		
Amount per serving			
Calories	54	Calories from Fat	15
% Daily Value			
Total Fat	13g		3%
Saturated Fat	5g		1%
Cholesterol	30 mg		0%
Sodium	660 mg		2%
Total Carbohydrate	5g		3%
Dietary Fiber	0g		5%
Sugars	5g		
Protein	5g		
Vitamin A	36%	Vitamin C	29%
Calcium	1%	Iron	2%



Splendid Fruit Salad

Ingredients:

- 3 Tbsp. frozen orange juice concentrate
- 2 apples chopped with peel
- 1 banana peeled and sliced
- 1 orange, peeled and cut into pieces

Directions:

Place concentrate and fruit in a bowl. Toss lightly to coat. Chill or serve immediately. Fruits include: grapes, melons, pineapple, strawberries, or any in-season fruit.

Splendid Fruit Salad Nutrition Facts			
Serving Size		1/2 cup	
Servings Per Container		4	
Amount per serving			
Calories 97		Calories from Fat 50	
% Daily Value			
Total Fat	13g		1%
Saturated Fat	5g		0%
Cholesterol	30 mg		0%
Sodium	660 mg		0%
Total Carbohydrate	5g		8%
Dietary Fiber	0g		15%
Sugars	5g		
Protein	5g		
Vitamin A	3%	Vitamin C	69%
Calcium	2%	Iron	1%



Honey Bee Ambrosia

Ingredients:

- 2 oranges, peeled and cut into pieces
- 1 banana, peeled and sliced
- strawberries, halved, or in-season fruit
- 2 tsp. cornstarch
- $\frac{1}{2}$ cup orange juice
- $\frac{1}{4}$ cup honey
- 2 Tbsp. lemon juice

Directions:

Prepare and place fruit in a bowl. Combine cornstarch, orange juice, honey, and lemon juice in a saucepan and bring to a boil, stirring constantly until thickened. Cool and pour over fruit. Sprinkle $\frac{1}{3}$ cup flaked coconut over top, if desired.

Yield: 4 servings

Honey Bee Ambrosia Nutrition Facts			
Serving Size		1/2 cup	
Servings Per Container		4	
Amount per serving			
Calories	219	Calories from Fat	3
% Daily Value			
Total Fat	13g		1%
Saturated Fat	5g		%
Cholesterol	30 mg		0%
Sodium	660 mg		0%
Total Carbohydrate	5g		19%
Dietary Fiber	0g		18%
Sugars	5g		
Protein	5g		
Vitamin A	4%	Vitamin C	125%
Calcium	4%	Iron	3%



Waldorf Salad

Ingredients:

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|--------------------------------|------------------------------------|
| 1 cup celery, diced | 1 tsp. lemon juice |
| 2 apples, diced | 1 tsp. sugar (optional) |
| 1/2 cup low-fat vanilla yogurt | 1/2 cup walnuts, chopped, optional |

Directions:

Wash and dice celery and apples; chop walnuts (if used). Combine celery, apples and walnuts (optional) in a mixing bowl. In a different bowl, combine salad dressing or yogurt with the lemon juice and sugar, add to the celery and apple mixture. Mix the dressing into the fruit. Refrigerate until ready to serve.

Variations: To decrease fat and calories, omit the walnuts.

Light salad dressing or Mayonnaise substitute can be used instead of yogurt.

Serving Suggestion: Serve with a meal or separately as a snack or dessert.

Yield: 6 servings

Waldorf Salad Nutrition Facts			
Serving Size	1/2 cup		
Servings Per Container	4		
Amount per serving			
Calories 97	Calories from Fat	50	
% Daily Value			
Total Fat 13g			9%
Saturated Fat 5g			3%
Cholesterol 30 mg			0%
Sodium 660 mg			1%
Total Carbohydrate 5g			4%
Dietary Fiber 0g			7%
Sugars 5g			
Protein 5g			
Vitamin A	1%	Vitamin C	7%
Calcium	5%	Iron	2%