

# CHOOSE FRUITS FOR SLIMMING DESSERTS

Dear Homemaker:

Select fresh unsweetened fruits in season for a slimming dessert or between meal snack. Unsweetened canned or frozen fruits or juices, or fruits packed in water are good desserts and snacks, too. The syrup of canned fruits can be rinsed off to cut down on calories. Also, eat a vitamin C-rich food daily such as oranges, grapefruits or tomatoes.



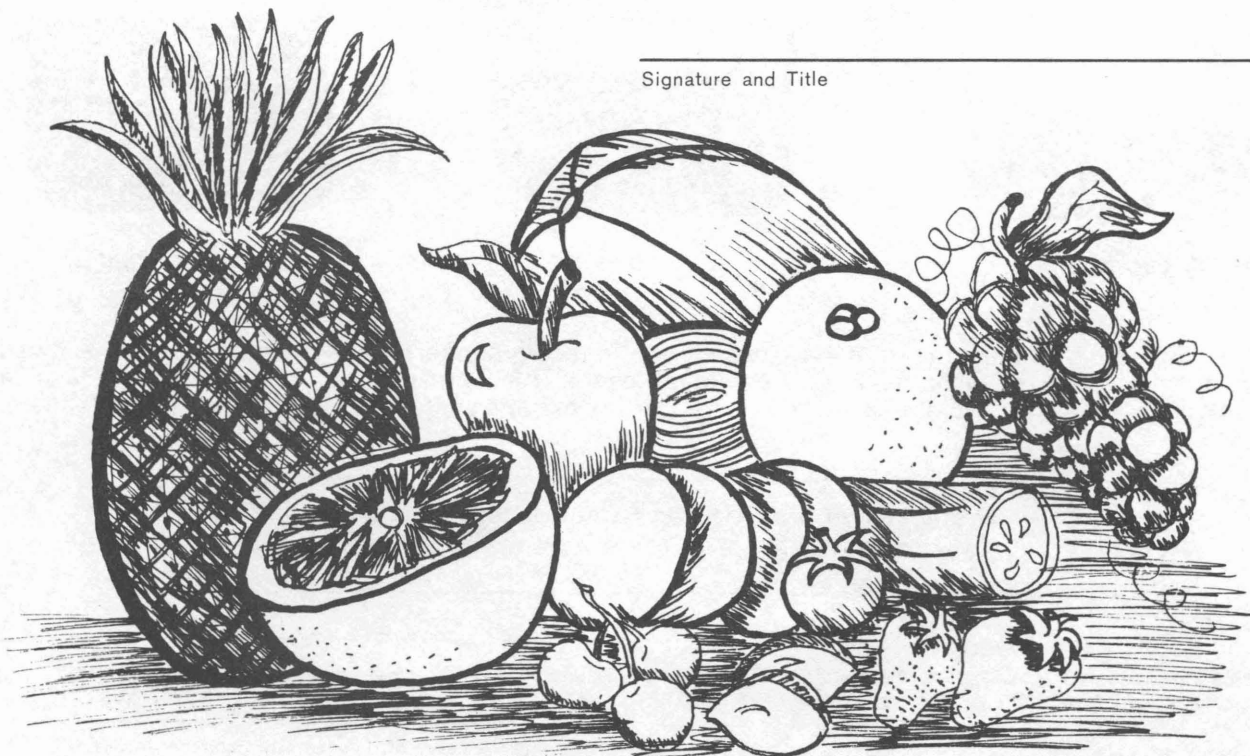
½ cup peaches  
in heavy syrup  
= 100 calories



½ cup peaches  
in water  
= 40 calories

Sincerely,

\_\_\_\_\_  
Signature and Title

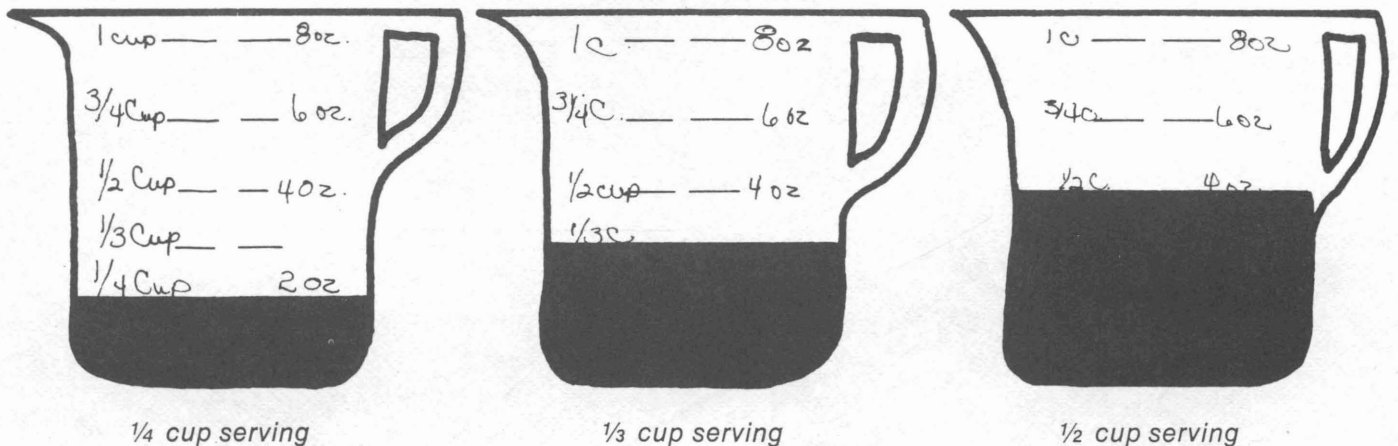


Fruits should be measured because they contain different amounts of sugar. Fruits in these amounts equal 40 Calories:

<i>Fruit</i>	<i>Amount</i>	<i>Fruit</i>	<i>Amount</i>
Apple	1 small	Mango	½ small
Apple Juice	⅓ cup	Melon	
Applesauce (unsweetened)	½ cup	Cantaloupe	¼ small
Apricots, fresh	2 medium	Honeydew	⅓ medium
Apricots, dried	4 halves	Watermelon	1 cup
Banana	½ small	Nectarine	1 small
Berries		Orange	1 small
Blackberries	½ cup	Orange Juice	½ cup
Blueberries	½ cup	Papaya	¾ cup
Raspberries	½ cup	Peach	1 medium
Strawberries	¾ cup	Pear	1 small
Cherries	10 large	Persimmon, native	1 medium
Cider	⅓ cup	Pineapple	½ cup
Dates	2	Pineapple Juice	⅓ cup
Figs, fresh	1	Plums	2 medium
Figs, dried	1	Prunes	2 medium
Grapefruit	½ cup	Prune Juice	¼ cup
Grapefruit Juice	½ cup	Raisins	2 tablespoons
Grapes	12	Tangerine	1 medium
Grape Juice	¼ cup		

Cranberries may be used as desired if no sugar is added.

### Know the Serving Size



Instead of eating the fruit for dessert at dinner or supper, have it or one of the allowed servings of bread or milk as a between-meal snack. Also, fresh crisp vegetables make a nice snack. The plan can include a little low-calorie homemade cottage cheese dip to go with them.

*Prepared by Carol B. Suter, Extension foods and nutrition specialist—ENP-A, The Texas A&M University System.*

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