

FAN“C”IFUL FRUITS

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FAN“C”IFUL FRUITS are those fruits that provide your body with VITAMIN C. Your body is not able to save VITAMIN C from one day to another so you need to eat foods that have VITAMIN C everyday.

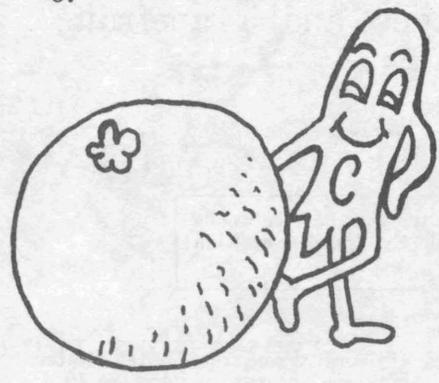
What are some good FAN“C”IFUL FRUITS? _____, _____,
_____, _____, _____, _____.

Have you ever tasted a FAN“C”IFUL FRUIT salad? Here’s a recipe that you might want to try . . .

FAN“C”IFUL FRUIT SALAD

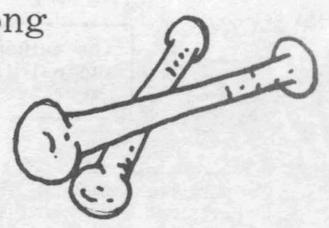
- 1 orange, sectioned
- 1 grapefruit, sectioned
- 1 banana, sliced
- 1 apple, diced
- 1/2 cup raisins
- Sugar to taste, if necessary

Place all fruits in a bowl and mix well. Add raisins and mix. Add sugar if necessary. Chill or let stand for a few minutes before serving. Serves 6.



VITAMIN C HELPS

1. Hold body cells together
2. Keep blood vessel walls strong
3. Heal wounds
4. Keep gums healthy



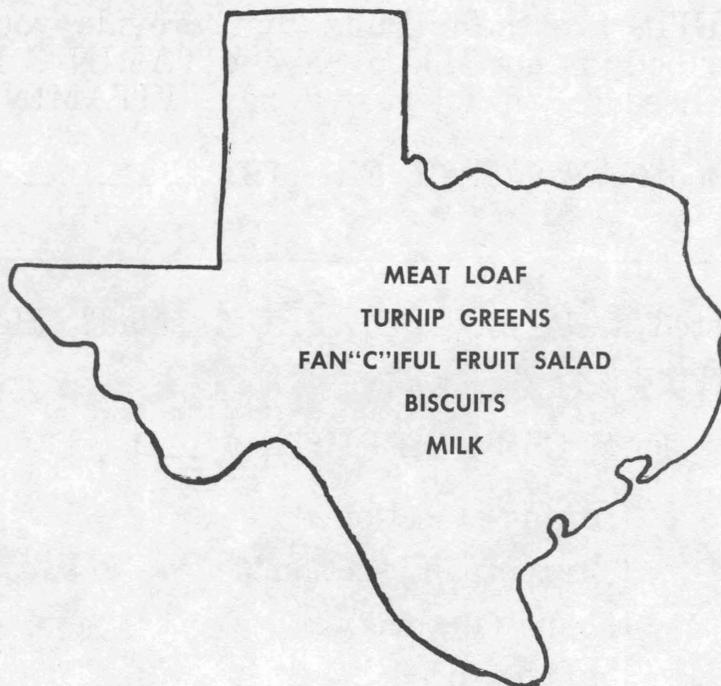
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What fruits in the FAN“C”IFUL FRUIT salad are vitamin “C” rich?

Other foods rich in vitamin “C” are tangerines, tomatoes, cabbage, strawberries, broccoli and turnip greens.

Did you like the FAN“C”IFUL FRUIT salad? You can use any fruits you like, instead of bananas and apples, in this salad. Fresh fruits, when in season are a good buy, but you can use canned fruits anytime.

Can you think of other good foods to serve with your FAN“C”IFUL FRUIT salad? Try the following . . .



Were you able to keep your apples and bananas from darkening as you prepared your FAN“C”IFUL FRUIT salad? Yes_____ No_____

Did you learn to core and dice an apple safely? Yes_____ No_____

Did you learn how to peel and section oranges and grapefruits?
Yes_____ No_____

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