

Enjoy Fruits

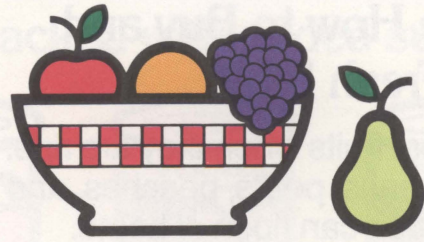


You can buy many kinds of nutritious and low-cost fruits to eat all year.

Enjoy fresh or cooked fruit at breakfast, lunch, and dinner, or for

What is in fruit for you?

- Great taste.
- Many vitamins and minerals.
- Few calories.

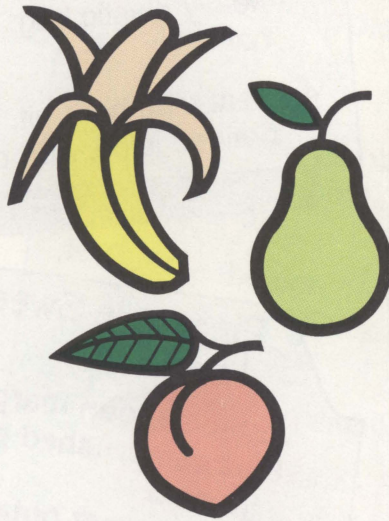


Compare prices. Find different kinds of fruits that fit your budget. Try fresh, canned, or frozen.

Fresh and canned fruits can be low in cost.

Fresh Fruit:

- **All Year**
 - apples
 - bananas
 - oranges
 - pears
- **In Season**
 - berries
 - melons
 - peaches



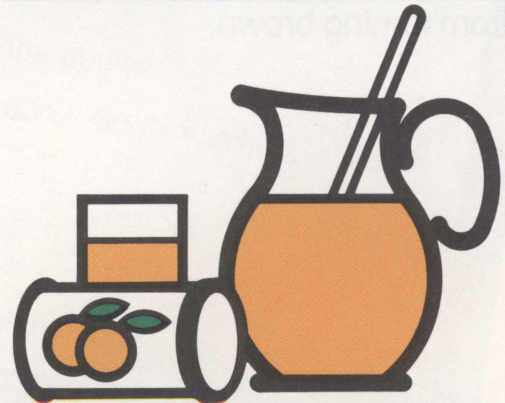
Canned Fruit:

- Fruits cut into pieces of different sizes and shapes cost less than whole fruits.
- Generic and store brands often cost less than name brands. The nutrients in different brands of the same food are about the same.



Frozen fruits and fruit juices vary in price.

- Frozen juices you mix at home can cost less than ready-to-drink juices.
- Frozen fruits usually cost more than fresh or canned fruits.



Tips on How to Buy and Store Fresh Fruit:

- Buy most fruits when they are ripe. But bananas, pears, peaches, and cantaloupe can ripen at home.
- Gently shake a bunch of grapes. Few will fall off if they are fresh.
- Brown dots on the skin of some apples, grapefruits, oranges, and pears are okay.
- Keep ripe fruit a few extra days by putting it in the refrigerator. Banana skins will turn dark, but the fruit will still be great.

Fixing Fresh Fruits:

- Wash well **just before** using them.
- Cut away the stem, seeds, and any soft spots.
- Put orange or lemon juice on cut fruits such as apples, bananas, peaches, and pears to keep them from turning brown.

Fruit Milk Shake

4 servings

3 cups ripe fresh fruit in season, or canned fruit in light syrup or natural juice.
 1/2 cup nonfat dry milk powder
 1 cup water or drained juice from can
 8 ice cubes, crushed

1. Peel fresh fruit, or drain canned fruit. Save any liquid from the can.
2. Cut fruit into pieces, and mash through a strainer or with a fork.
3. Crush ice cubes. Put the ice cubes in a dish towel or heavy plastic bag. Crush them with a rolling pin or hammer.
4. Beat together fruit, nonfat dry milk powder, and water or drained juice. Add crushed ice and beat again.

Pineapple Sweet Potatoes

4 servings

1/2 tablespoon margarine
 8-oz can crushed pineapple in natural juice
 2 cups sweet potatoes, fresh, cooked, sliced
 1/4 teaspoon cinnamon
 1/8 teaspoon salt



1. Heat margarine in a large frying pan. Add sweet potato slices and pineapple. Sprinkle with cinnamon and salt.
2. Simmer without a cover until most of the juice has cooked away. This may take 10 to 15 minutes.
3. Turn potato slices a few times to coat them with the pineapple juice, then serve.

Some canned fruits are packed with added sugar.



A 1/2-cup serving has:

No Sugar Added



No Sugar Added



2 Teaspoons Sugar Added

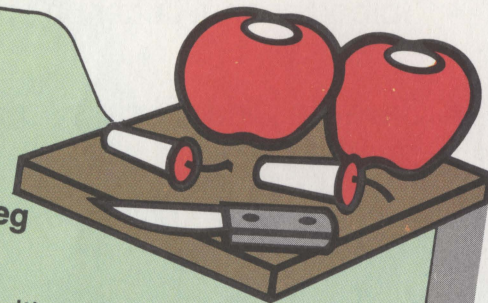


4 Teaspoons Sugar Added

Baked Apple

4 servings

4 large apples
 1/4 cup sugar, white or brown
 1/4 teaspoon cinnamon or nutmeg
 1 cup water



1. Cut out the core from each apple without cutting through to the bottom. Stick a fork through the apple skin on top in 3 or 4 places.
2. Put apples in a small baking dish.
3. Mix sugar and cinnamon. Put 1 tablespoon of mixture into center of each apple.
4. Pour water **around**, not over, the apples.
5. Cover dish. Bake at 350 °F for about 60 minutes, or until apples are tender.

Other Filling Ideas:

- Crushed pineapple packed in juice.
- Raisins, alone or with sugar and cinnamon.

Fruit Ideas

- **At breakfast** use fruit in cereal, muffins, or pancakes.
- **At dinner** add crushed pineapple or apple pieces to cole slaw.
- **At lunch** add cut-up apples, pears, or oranges to salad greens for a salad.
- **For snacks** choose fruits in place of other snacks high in sugar, fat, and salt.
- Spread peanut butter on apple slices.
- Save the juice or light syrup from canned fruit. Use it:
 - in fruit drinks or sauces in place of water.
 - in jelled salads and desserts.
 - over cut-up fresh fruit.

\$ Make Your Food Dollars Count \$

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