

Foods in this group contain many vitamins and minerals such as vitamins A and C. Fruits are low in calories and sodium, are naturally fat-free and provide fiber. Eating fruits can lower the risk of many cancers. Vegetables and fruits provide many of the same nutrients and health benefits.

One Serving equals:

- 3/4 cup fruit juice
- 1 medium piece of fruit
- 1/2 cup chopped, cooked, or canned fruit
- 1/4 cup of dried fruit

Vitamin C and Vitamin A

Good sources of fruit for vitamin C include; oranges, grapefruit, lemons, limes, strawberries, cantaloupe, papaya, melon, and pineapple.

Good sources of fruit for vitamin A include; cantaloupe, mango, papaya, and apricots.

Juice

When drinking juice choose those labeled 100% juice. Beverages labeled "juice blends," fruit "punches" or "drinks," and "juice cocktails" usually contain little fruit juice and are mostly water and sugar.



These materials are funded in part by the United States Department of Agriculture food stamp Education Program, Massachusetts Emergency Food Assistance Program and UMass Extension. UMass Extension offers equal opportunity in programs and employment.

Putting Fruits in Your Food Guide Pyramid

FRESH • LOCALLY GROWN • CANNED

Focus on Fruits

Fresh is best. Frozen is fine. Canned can be convenient.

5 A DAY

The "5 a Day For Better Health" program promotes a simple, positive message, to eat five or more servings of fruits and vegetables each day.

Five Points to Remember:

1. Eat five servings of fruits and vegetables a day!
2. Eat at least one vitamin A rich vegetable or fruit a day!
3. Eat at least one vitamin C rich vegetable or fruit a day!
4. Eat at least one high fiber vegetable or fruit, such as pears, apples, or raisins, a day!
5. Eat cabbage family (cruciferous) vegetables several times each week!

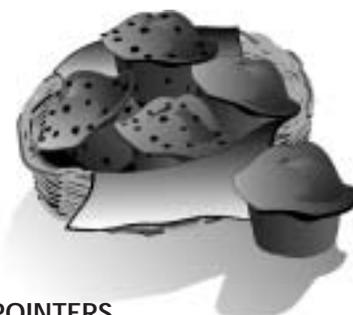


Tips to Reach

5 A DAY:

- Drink a glass of fruit juice
- Add fresh or canned fruit to cereal.
- Top pancakes, waffles, and French toast with fruit instead of syrup.

- Want something sweet? Eat a piece of fruit.
- Use fruits as a garnish on main dishes.
- Liven up a plain dessert with fruit.
- Add fruit to yogurt.
- Add chopped fruit or berries to muffins, cakes, or cookies.



FRUIT POINTERS

- Limited refrigeration? Most fresh fruit will keep for several days without refrigeration at cool temperatures.
- Whole fruits have more fiber than juice. When eating canned fruit choose fruit packed in its own juice instead of syrup if possible.

MEAP Foods available in the Fruit Group:

A variety of fresh, including Massachusetts locally grown, and canned fruit.

The Food Bank of Western Massachusetts, Inc.
97 North Hatfield Road, PO Box 160
Hatfield, MA 01038
tel. 413-247-9738 fax 413-247-9577



The Food Bank

Cooking with Fruits

Pear or Apple Crisp – Serves 9

Fruit–

- 4 cups pears or apples, thinly sliced
- 1 Tbsp. fruit juice
- 2 Tbsp. sugar
- 1/2 tsp. cinnamon

Topping–

- 1/2 cup quick-cooking oatmeal
- 1/4 cup flour
- 1/4 cup packed brown sugar
- 1/2 tsp. cinnamon
- 3 Tbsp. butter margarine

1. In a medium bowl, combine the pears or apples, juice, sugar, and cinnamon. Mix well. Put the mixture into a slightly greased 8" round or square baking pan.

2. In a small bowl, combine the oats, flour, brown sugar, and cinnamon. Cut the butter or margarine into the flour mixture with 2 knives or a pastry cutter until the mixture is uniformly crumbly. Sprinkle the topping over the fruit mixture.

3. Bake at 350 degrees for 45 minutes.



From: *The Market Basket*.
Massachusetts Farmer's Market Nutrition Education Mass WIC Program

Fruit Kabobs

1. Choose several of these fruits: apple, orange, peach or nectarine, banana, seedless grapes, pineapple chunks, strawberries, cherries, watermelon, or cantaloupe.
2. Cut the larger foods into bite-size pieces.
3. Place different pieces of fruit on toothpicks.
4. Try with chunks of cheese between the fruit.



Apple Salad – Serves 4

Salad–

- 2 large apples sliced
- 1 cup crushed pineapple
- 1/3 cup celery
- 2 Tbsp. raisins

Dressing–

- 3 Tbsp. low-fat yogurt
- 2 tsp. mayonnaise
- 1/8 tsp. cinnamon

1. In a medium bowl, combine the salad ingredients

2. In a small bowl, combine the dressing ingredients, and blend the dressing with the fruit mixture.



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Fruit Smoothie

- 1/2 cup plain non-fat yogurt
- 1 cup fruit juice
- 1/2 to 1 cup fruit, fresh, frozen or canned

Place all ingredients in a blender and whip until smooth.



Fruit Yogurt Shake

- 1 cup fruit, cut up (such as peaches, strawberries, bananas, etc.)
- 4 scoops (1 1/3 cups) nonfat frozen yogurt
- 2 cups of milk

1. Put all ingredients into blender

2. Puree.

Serves 2



8/00

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