



# Fruits & Your Health

## Learning Highlights

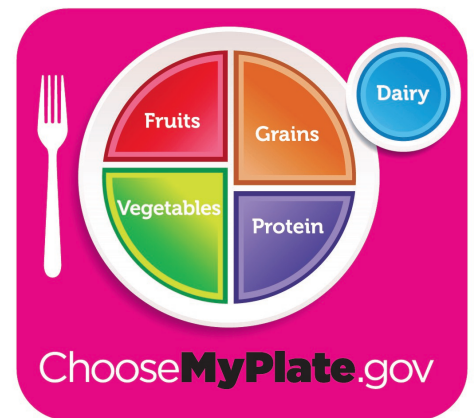
## Fruits

- Most school-aged children need 1-2 cups of fruit every day, depending on their age, gender, and activity level.
- **What counts as a cup?**
  - 1 cup of fruit
  - 1 cup of 100% fruit juice
  - 1/2 cup of dried fruit
- Fruit provides vitamins and minerals to help keep us healthy and prevent disease.
- Vitamin C is found in oranges, grapefruits, and berries. It helps to keep our gums healthy and heal cuts and wounds.  
The fiber found in fruits can reduce your cholesterol, lower the risk of heart disease, and prevent constipation.
- Fruits with potassium include bananas, prunes, dried peaches and apricots, and cantaloupe. Potassium is a mineral that helps keep blood pressure at a healthy level.



## Nutrition Bonus Points

- Choose mostly whole or cut-up fruit rather than juice. Juice is higher in calories and lower in fiber.
- When choosing canned fruit, look for fruit canned in 100% fruit juice or water instead of syrup.
- The skin of fruits like apples contain a lot of the nutrients, so leave it on when you can.



Please complete the back of this form and return it to

school with your child for them to get a prize. ~Thank You!



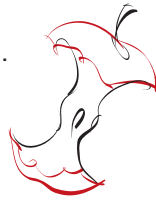
# Fruits & Your Health



Activities to Help Your Family Eat More Fruit

## Focus on Fruit:

- Set a good example for children by eating fruit every day.
- Add cut-up fruit to your morning cereal.
- Pack 100% juice instead of soda for your child's lunch.
- Add raisins, dried cranberries, or dried apricots to salads.
- Have baked apples or pears for dessert.
- Offer low-fat yogurt or pudding as a dip for cut-up fruit.



## Save by the Season

Fruit can be less expensive and have more flavor when you buy it during the season in which it's grown:

**Fall:** Apples, grapes, pears, and pineapples.

**Winter:** Oranges, grapefruit, and kiwis.

**Spring:** Strawberries, mangoes, and apricots.

**Summer:** Blueberries, raspberries, and cherries.



## Homemade Apple Sauce

(Makes 10 servings)

### Ingredients:

- 7 apples, cut into quarters
- 1/2 cup water
- 1/2 cup sugar
- 1 tablespoon cinnamon

### Directions:

1. Wash and cut apples into quarters.
2. Combine apples and water in saucepan.
3. Heat to boiling, then reduce heat and cook for 15-20 minutes.
4. Stir in sugar and cinnamon and heat until sugar is dissolved.

### Nutrient Facts: (per 1/2 cup serving)

**Calories:** 70, **Total Fat:** 0 g, **Fiber:** 2 g, **Vitamin C:** 8% DV (Daily Value)

**Recipe from:** [http://recipefinder.nal.usda.gov/index.php?mode=display&rec\\_id=411](http://recipefinder.nal.usda.gov/index.php?mode=display&rec_id=411)

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local food stamp office, or call 1-800-221-5689 for Idaho's toll-free number. *The University of Idaho is an equal opportunity employer, provider and educational institution.*

**PLEASE COMPLETE THE BOTTOM OF THIS FORM AND RETURN IT TO SCHOOL WITH YOUR CHILD FOR THEM TO GET A PRIZE.**



I have read the information in the newsletter and participated in the activity with my child.

Student's Name: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_