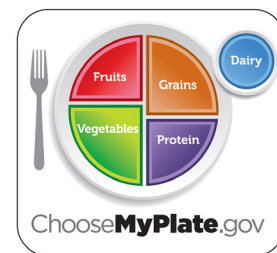


focus on fruits

10 tips to help you eat more fruits



Eating fruit provides health benefits. People who eat more vegetables and fruits as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. Fruits provide nutrients vital for health, such as potassium, dietary fiber, vitamin C, and folate (folic acid). Most fruits are naturally low in fat, sodium, and calories. None have cholesterol. Any fruit or 100% fruit juice counts as a part of the Fruit Group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed.

1 keep visible reminders
Keep a bowl of whole fruit on the table, counter, or in the refrigerator.



2 think about taste
Buy fresh fruits in season when they may be less expensive and at their peak flavor. Add fruits to sweeten a recipe.



3 think about variety
Buy fruits that are dried, frozen, and canned (in water or 100% juice) as well as fresh, so that you always have a supply on hand.

4 don't forget the fiber
Make most of your choices whole or cut-up fruit, rather than juice, for the benefits that dietary fiber provides.



5 be a good role model
Set a good example for children by eating fruit every day with meals or as snacks.

6 include fruit at breakfast
At breakfast, top your cereal with bananas, peaches, or strawberries; add blueberries to pancakes; drink 100% orange or grapefruit juice. Or, try a fruit mixed with fat-free or low-fat yogurt.



7 try fruit at lunch
At lunch, pack a tangerine, banana, or grapes to eat, or choose fruits from a salad bar. Individual containers of fruits like peaches or applesauce are easy and convenient.

8 experiment with fruit at dinner, too
At dinner, add crushed pineapple to coleslaw, or include orange sections, dried cranberries, or grapes in a tossed salad.

9 snack on fruits
Dried fruits make great snacks. They are easy to carry and store well.



10 keep fruits safe
Rinse fruits before preparing or eating them. Under clean, running water, rub fruits briskly to remove dirt and surface microorganisms. After rinsing, dry with a clean towel.



Recommended average daily intake based on calorie level:

Calorie level	1,200	1,400	1,600	1,800	2,000	2,200	2,400	2,600	2,800
Amount of fruit	1 cup	1½ cups	1½ cups	1½ cups	2 cups	2 cups	2 cups	2 cups	2½ cups

Fruit Salsa With Cinnamon Chips

Yield: 8 servings

Each serving: 8 chips with ½ cup salsa

1 apple, cored and chopped into small pieces

1 cup fresh strawberries, chopped, **OR** one 10-ounce package of frozen strawberries

2 kiwi, peeled and chopped

½ cup crushed pineapple, drained (save 2 Tablespoons pineapple juice)

8 8-inch flour tortillas

2 teaspoons water

2 teaspoons cinnamon mixed with ¾ cup sugar (add more cinnamon, if desired)

1. Chop all fruit. (Use food processor, if desired, but do not puree.)
2. Combine fruit with pineapple juice in a medium bowl. Chill.
3. Preheat oven to 350 degrees Fahrenheit.
4. Sprinkle tortillas with approximately 2 teaspoons water (or spray with water).
5. Sprinkle each tortilla with cinnamon and sugar mixture.
6. Cut each tortilla into eight wedges and place on baking sheet.
7. Bake at 350 F for 6 minutes.
8. Cool on rack. Store in airtight container.
9. Serve tortilla chips with salsa.

Nutritional Analysis Per Serving: Total Calories: 252, Total Fat: 4 grams, Total Saturated Fat: 1 gram, Total Trans Fat: 0.5 grams, Total Polyunsaturated Fat: 1 gram, Total Carbohydrate: 52 grams, Total Protein: 4 grams, Percentage of Calories from Fat: 13, Total Cholesterol: 0 milligrams, Total Dietary Fiber: 3 grams, Sodium: 294 milligrams, Vitamin D: 0 percent, Vitamin C: 56 percent, Vitamin A: 0 percent, Folate: 15 percent, Calcium: 8 percent, Iron: 9 percent.

Source: Montana Extension

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