

## Fruity Ideas

### At meals:

- At breakfast, top your cereal with bananas or peaches; add blueberries to pancakes; drink 100% orange or grapefruit juice. Or, try a fruit mixed with low-fat or fat-free yogurt.
- At lunch, pack a tangerine, banana, or grapes to eat. Individual containers of fruits like peaches or applesauce are easy and convenient.
- At dinner, add crushed pineapple to coleslaw, or include mandarin oranges or grapes in a tossed salad.
- Make a Waldorf salad, with apples, celery, walnuts, and dressing.
- For dessert, have baked apples, pears, or a fruit salad.



### As snacks:

- Cut-up fruit makes a great snack. Cut them yourself, or try whole fresh berries or grapes.
- Dried fruits also make a great snack. They are easy to carry and store well. Because they are dried,  $\frac{1}{4}$  cup is equivalent to  $\frac{1}{2}$  cup of other fruits.
- Keep a package of dried fruit in your desk or bag. Some fruits that are available dried include apricots, apples, pineapple, bananas, cherries, figs, dates, cranberries, blueberries, prunes and raisins.
- As a snack, spread peanut butter on apple slices or top frozen yogurt with berries or slices of kiwi fruit.
- Frozen juice bars (100% juice) make healthy alternatives to high-fat snacks

# Fabulous Fruits



**For a naturally sweet snack or treat, choose to eat more fabulous fruits!**

*Your county  
extension office*



**UW  
Extension**  
Cooperative Extension  
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### Wisconsin Nutrition Education Program

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## Eat a Variety of Fruits!

- Make most of your choices **whole or cut-up fruit rather than juice**, for the benefits dietary fiber provides.
- Select fruits with more potassium often, such as bananas, prunes and prune juice, dried peaches and apricots, cantaloupe, honeydew melon, and orange juice.
- When choosing canned fruits, **select fruit canned in 100% fruit juice or water** rather than syrup.
- **Vary your fruit choices.** Fruits differ in nutrient content.

### Microwave Baked Apples

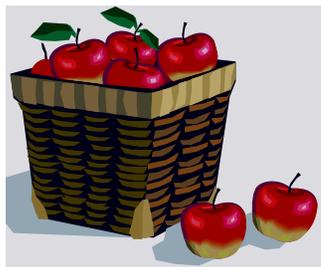
Serving Size = 1 apple  
Makes 4 servings

#### Ingredients:

- 4 large baking apples
- 1/2 cup brown sugar
- 1 teaspoon cinnamon

#### Directions:

1. Wash apples and remove core.
2. Cut a thin slice off bottom of each apple to form a flat surface. Place apples in a microwave safe baking dish.
3. Mix brown sugar and cinnamon in a small dish. Spoon mixture into center of apples.
4. Cover with wax paper and microwave on high power 6 to 10 minutes or until apples are soft.



### Ambrosia

Serving Size = 1 cup  
Makes 8 servings

#### Ingredients:

- 1 can (20 oz.) pineapple chunks, in juice drained
- 1 can (11 oz.) mandarin oranges, drained
- 1 banana, peeled and sliced
- 1 1/2 cups seedless grapes
- 3/4 cup miniature marshmallows
- 1/3 cup flaked coconut (optional)
- 1 carton (8 oz.) low-fat vanilla yogurt

#### Directions:

1. Drain pineapple and oranges. Use juice as beverage.
2. Combine fruit with marshmallows and coconut.
3. Fold in yogurt.
4. Chill.
5. Serve.

### How much fruit do we need each day?

#### Daily recommendation

Children	2-3 years old	1 cup
	4-8 years old	1 to 1 ½ cups
Girls	9-13 years old	1 ½ cups
	14-18 years old	1 ½ cups
Boys	9-13 years old	1 ½ cups
	14-18 years old	2 cups
Women	19-30 years old	2 cups
	31-50 years old	1 ½ cups
	51+ years old	1 ½ cups
Men	19-30 years old	2 cups
	31-50 years old	2 cups
	51+ years old	2 cups

Adapted from USDA My Pyramid.gov.

WNEP education is supported by the USDA Supplemental Nutrition Assistance Program (SNAP), UW-Extension, FoodShare Wisconsin, and local partners. In Wisconsin, FoodShare can help provide a healthy diet. To find out more about FoodShare, call 715-537-5691 or go to <http://access.wisconsin.gov>.

