

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*



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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

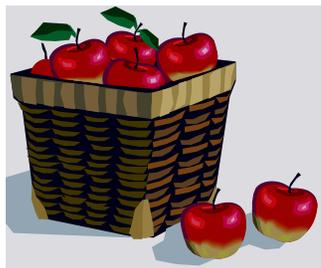
Serving Size = 1 apple
Makes 4 servings

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 1/2 cups
Girls	9-13 years old	1 1/2 cups
	14-18 years old	1 1/2 cups
Boys	9-13 years old	1 1/2 cups
	14-18 years old	2 cups
Women	19-30 years old	2 cups
	31-50 years old	1 1/2 cups
	51+ years old	1 1/2 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>.

