

Lesson 4: Fruits (Waskúyeča)

The fruit food group includes a variety of foods that are rich in color, packed with vitamins and minerals, and a good source of fiber that you need every day to be healthy.

In this month's lesson, you will learn:

- Why eating fruits is important for good nutrition and overall health
- How many fruits you need to eat to be healthy, including serving size
- The importance of eating fruits of lots of different colors
- Shopping for fruits
- Food safety for storage and handling
- Cooking tips

Challenge Yourself!

Set a Goal

Choose (*kañníḡa*) one of the goals below (or set your own) to try during the next month:

- ☐ I will try a new fruit that I haven't eaten before.
- ☐ I will vary the color of fruits that I eat for the week.
- ☐ I will use the food scale at the grocery store to weigh a fruit to calculate what it costs per pound.
- ☐ I will make a recipe from this lesson.
- ☐ I will: _____

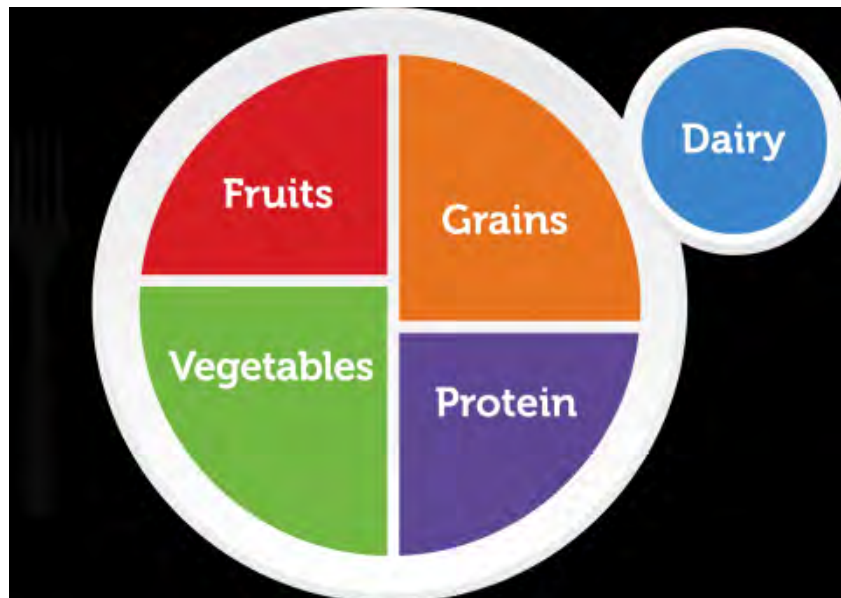


Why Eating Fruits (Waskúyeča) is Important

Fruits are full of vitamins and minerals that keep us healthy. It is important to **make ¼ of your plate fruits** at meal time and to **eat a variety** of fruits from the five fruit color groups:

- red
- orange and yellow
- white
- green
- blue and purple

Fruits can be canned, dried, fresh, frozen, or a juice.



Diabetes Hints... Fruits

Healthy eating with diabetes starts with what is on your plate. **Fruits will raise your blood sugar a lot, especially dried fruit and juice.** Paying attention to **serving size is very important** when eating fruits. Approximately $\frac{1}{4}$ of your meal plate should be from the fruit group.



- **BLOOD SUGAR ALERT** – Fruits will raise blood sugar, especially dried fruit and fruit juice. Following serving size recommendations is very important when eating fruits.
- **BENEFITS** – Help you feel full and are a good source of vitamins and fiber.
- **SHOPPING** – When buying fruit juice or canned fruits, read the Nutrition Facts label to make sure there is no added sugar. Select canned fruits without added sugar.
- **FRUITS TO TRY** – One small apple, apricot, banana, orange, or peach; or one small bowl of berries, grapes, melon, or pineapple.
- **EATING TIPS FOR A MEAL OR SNACK** –
 - Fruits without added sugar are best. Try fresh fruits, canned fruits in their own juice, and plain frozen fruit.
 - Enjoy a small serving of fruit for dessert.
 - Spread your fruit servings throughout the day to help avoid blood sugar spikes.
 - Keep washed and prepared fresh fruits in the refrigerator or in a bowl on the counter for snacks and to use with meals.
 - Put together different combinations of fruits for salads.
 - Add a little fruit to lettuce or other vegetable salad.
 - The fruits below have approximately 15 grams of carbohydrates:
 - 1 small fresh fruit (4 ounces)
 - $\frac{1}{2}$ cup canned fruit
 - $\frac{1}{4}$ cup dried fruit (2 Tablespoons)
 - 17 small grapes (3 ounces)
 - 1 cup melon or berries
 - 2 Tablespoons raisins
 - $\frac{1}{2}$ cup fruit juice (make sure it is 100% fruit juice)
 - ✓ Check your serving sizes with measuring cups and spoons or a food scale.
 - ✓ The Nutrition Facts label includes sugars in the listed grams of total carbohydrate.



Eating Fruits (Waskúyeča) Will Help You Stay Healthy

At meal time, fill $\frac{1}{4}$ of your plate with fruit. Eat fruit without added sugar and limit other additions (cool whip, cream, flavored yogurt, Jell-O, pudding, pie filling). When purchasing fruits, select frozen or canned options that do not contain added sugar. Buy fruits from all of the color groups.



Check out what each fruit color can do for you...

RED	ORANGE/YELLOW	WHITE	GREEN	BLUE/PURPLE
• Improved memory • A healthy heart • Lower risk for some cancers	• Sharp vision • A healthy heart • Strength to fight off colds and illnesses • Lower risk for some cancers	• Healthy heart	• Sharp vision • Strong bones and teeth • Lower risk for some cancers	• Good memory • Healthy aging • Lower risk for some cancers

Nutrients in Fruits (Waskúyeča) Include:

- Vitamin C
- Potassium
- Fiber
- Folate (folic acid)



Vitamin C – is important for growth and repair of all body tissues. It helps heal cuts and wounds, and keeps teeth and gums healthy. Vitamin C is found in many different fruits including oranges, grapefruit, kiwi, pineapple, mango, cantaloupe, and strawberries.

* Vitamin C can interact with some types of medication. Talk to your healthcare provider to see if this applies to your medications.

Potassium – helps regulate blood pressure, heart function, and good fluid balance in the body; also helps muscles and the nervous system function properly. Potassium is found in bananas, prunes, cantaloupe, honeydew, orange juice, dried peaches, and apricots.



Dietary Fiber – prevents constipation and helps the body absorb nutrients; also helps to lower blood cholesterol levels and control blood sugar. Dietary fiber is found in whole and cut-up fresh fruits. Fruit juices contain little or no fiber.

Folate (Folic Acid) – helps form red blood cells. Women who may become pregnant should consume folate to reduce the risk of birth defects during baby's development. Folate is found in oranges, bananas, cantaloupe, and papaya.



Fruits by Type:

Berries

- Blackberries
- Blueberries
- Cranberries
- Currants
- Huckleberries
- Mulberries
- Raspberries
- Strawberries



100% Fruit Juice

- Apple juice
- Cranberry juice
- Grape juice
- Grapefruit juice
- Mango juice
- Orange juice
- Papaya juice
- Pineapple juice
- Pomegranate juice
- Prune juice



Melons

- Cantaloupe
- Honeydew
- Watermelon



Other Fruits

- Apples
- Apricots
- Bananas
- Cherries
- Dates
- Figs
- Fruit cocktail
- Grapefruit
- Grapes
- Guava
- Kiwi fruit
- Lemons
- Limes
- Mangoes
- Nectarines
- Oranges
- Papaya
- Peaches
- Pears
- Persimmons
- Pineapple
- Plums
- Pomegranate
- Prunes
- Raisins
- Star fruit
- Tangerines

Tip! There is no need to add sugar to fruits because they are naturally sweet. Fructose is the natural sugar found in fruit that is responsible for the sweet flavor.

For the Best Nutritional Value, Choose:

- Whole or cut-up fruit (rather than juice) because it has more dietary fiber.
 - Example: grams of dietary fiber
 - apple with peel: 3.3 grams
 - apple without peel: 1.7 grams
 - ½ cup apple sauce: 1.5 grams
 - ¾ cup apple juice: 0.2 grams
- Fruits higher in potassium, such as bananas, prunes and prune juice, dried peaches, apricots, and orange juice.
- Canned fruits that are in 100% fruit juice or water. Avoid canned fruits in heavy or light syrup.
- Different types of fruits contain different nutrients so consume a wide variety of fruits as part of a healthy diet.



Challenge Yourself!

Take a moment and think about the fruits you eat...What colors and types of fruits did you eat in the last week?

1. Fruits I ate in the last week...

2. Other fruits I would like to try...





How Many Fruits (Waskúyeča) Do You Need Each Day to Be Healthy?



The amount of fruits you need to eat depends on your:

- sex
- age
- level of physical activity

Below are the daily recommendations for fruit consumption for people who get less than 30 minutes of moderate physical activity (such as brisk walking) per day. Those who are more (or less) physically active should talk to their doctor about how many fruits they need to eat to be healthy.

Daily Fruit Needs		
Children	2-3 years old	1 cup
	4-8 years old	1 to 1½ cups
Girls	9-13 years old	1½ cups
	14-18 years old	1½ cups
Boys	9-13 years old	1½ cups
	14-18 years old	2 cups
Women	19-30 years old	2 cups
	31-50 years old	1½ cups
	51+ years old	1½ cups
Men	19-30 years old	2 cups
	31-50 years old	2 cups
	51+ years old	2 cups

Add More Fruit to Your Day

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. Focus on whole fruits—fresh, canned, frozen, or dried—instead of juice.

1 Keep visible reminders

Keep a bowl of ready-to-eat whole fruit on the table, counter, or in the refrigerator.

2 Experiment with flavor

Buy fresh fruits in season when they may be less expensive and at their peak flavor. Use fruits to sweeten a recipe instead of adding sugar.

3 Think about variety

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

4 Don't forget the fiber

Choose whole or cut-up fruit, rather than juice for the benefits that dietary fiber provides.

5 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.



6 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 to carry and convenient for lunch.



7 Enjoy fruit at dinner, too

At dinner, add crushed pineapple to coleslaw or include orange sections, dried cranberries, or grapes in a tossed salad.

8 Snack on fruits

Fruits make great snacks. Try dried fruits mixed with nuts or whole fruits, like apples. They are easy to carry and store well.

9 Be a good role model

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

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.

What Equals as a Serving of Fruit?

1 cup of fruit or 100% fruit juice, or ½ cup of dried fruit equals 1 cup of fruit. Depending on age, women should consume 1 ½ to 2 cups and men should consume 2 cups per day as part of a healthy diet. See the table below for what equals a one cup serving.



Fruits	Serving Size
Apple	½ large (3 ¼" diameter) 1 small (2 ¼" diameter) 1 cup, sliced or chopped, raw or cooked
Applesauce	1 cup
Banana	1 cup, sliced 1 large (8" to 9" long)
Cantaloupe	1 cup, diced or melon balls
Grapes	1 cup, whole or cut up 32 seedless grapes
Grapefruit	1 medium (4" diameter) 1 cup, sections
Mixed fruit (fruit cocktail)	1 cup, diced or sliced, raw or canned (drained)
Orange	1 large (3 1/16" diameter) 1 cup, sections
Orange, mandarin	1 cup, canned (drained)
Peach	1 large (2 ¾" diameter) 1 cup, sliced or diced, raw, cooked, or canned (drained) 2 halves, canned
Pear	1 medium 1 cup, sliced or diced, raw, cooked, or canned (drained)
Pineapple	1 cup, chunks, sliced or crushed, raw, cooked or canned (drained)
Plum	1 cup, sliced raw or cooked 3 medium or 2 large
Strawberries	About 8 large 1 cup, whole, halved, or sliced, fresh or frozen
Watermelon	1 cup, cooked, sliced or diced
Dried fruit (raisins, prunes, apricots, etc.)	1 small slice (1" thick) 1 cup, diced or balls
100% fruit juice (orange, apple, grape, grapefruit, etc.)	1 cup



Food Selection Tips From the CRST Diabetes Program

Know your portion size. Portion size matters and is part of keeping track of your total carbs, fat, sodium, and calories.

Fruits

- Fresh fruit is better to eat than juice.
- Drain and rinse the juice from cans of fruit to lower the amount of sugar per serving.
- Only drink $\frac{1}{2}$ of a glass of juice at a time. A full glass or more can spike blood sugar levels.
- An orange has 15 carbs.
- $\frac{1}{2}$ of an apple has approximately 15 carbs.

Talk with a registered dietitian to help you plan a healthy diet and better manage your diabetes.

How to Shop for Fruits (Waskúyeča)

Fruits can be bought four ways: fresh, frozen, dried, or canned.

Fresh fruits are a great addition to meals or snacks. Select clean fruits that have a good color and a fresh appearance. Avoid fruits that are bruised, shriveled, mushy, wilted, or moldy. Fresh fruits will not store long so it is recommended to only purchase what you will use in a week.



Frozen fruits are quick and easy to use and are just as nutritious as fresh fruits. Try adding frozen fruits, such as blueberries, raspberries, strawberries, or peaches to a salad or smoothie, on top of cereal, or in pancakes or muffins. Only buy frozen, bagged fruits that are loose in the bag. When frozen fruits are in a large clump, it indicates they have been thawed and then re-frozen--which can be a food quality and potential food safety problem.



Dried fruits can be added to a favorite recipe or used as a nutritious, quick, and easy snack. Try adding dried fruits, such as raisins, bananas, apricots, apples, or Craisins® to granola, trail mix, popcorn, breakfast cereal, oatmeal, yogurt parfait, or lettuce or other salad. Dried fruits can be stored in a tightly sealed container at room temperature in a dark place. Storing dried fruits in a dark place helps keep their vitamin content.

Canned fruits are a great addition to any meal or snack, so keep on hand canned peaches, pears, fruit cocktail, and pineapple. Select fruits that are canned in water or 100% fruit juice to reduce the amount of added sugar. If purchasing fruit juice, select those labeled as 100% fruit juice. To avoid food safety problems, don't buy cans that are dented or scratched up.



Buying and Storing Fresh Fruits (Waskúyeča)

Fresh Fruit	How to Purchase	How to Store
Apples	Buy firm apples without any bruises or soft spots.	Store at room temperature for 3–5 days. Or, refrigerate for up to 3 months.
Bananas	If you will not eat right away, buy bananas when they are green so they will last longer. Allow them to ripen (lose any green color) before eating. Only buy bananas with many brown spots when you need overripe bananas for baking.	Ripen at room temperature. To prevent over-ripening, store in refrigerator up to 1 week. The skin will turn black, but the fruit will still be good. Peel and freeze overripe bananas to use in smoothies and muffins.
Berries	Buy firm, plump berries with no mold spots.	Refrigerate unwashed, in a single layer if you can. Will last 3–5 days.
Citrus fruits (e.g., oranges, limes, lemons)	Buy fruit that feels heavy for its size without any specific soft spots. Juicier citrus fruit will yield slightly when squeezed.	Store at room temperature up to 1 week. Or, refrigerate up to 1–2 months.
Grapes	Buy firm grapes still attached to the stem and free from mold.	Refrigerate in a plastic bag up to 1 week.
Mangoes	When ripe, mangoes will “give” or feel slightly soft when pressed.	Ripen at room temperature. Refrigerate ripe mangoes for up to 3 days.
Melons	Buy melons that yield slightly when you press on the end opposite the stem. Watermelons should have a yellow spot on the bottom.	Ripen at room temperature. Refrigerate ripe melon for up to 3 days.
Pear	Buy pears without any soft spots or bruising. Press at the top of the “neck” (near the stem) to judge ripeness. When ripe, pears will “give” or feel slightly soft when pressed.	Ripen at room temperature. Refrigerate ripe pears up to 3 days.
Stone fruit (e.g. peaches, plums, nectarines)	Buy when brightly colored and free from bruises or soft spots. When ripe, fruit will “give” or feel slightly soft when pressed.	Ripen at room temperature. Refrigerate ripe stone fruit up to 3 days.

How to Weigh and Calculate the Price of Fresh Fruit (Waskúyeča)

Some fruits have the price marked on them and other fruits have a price per pound listed by them. This can be confusing and cause surprises when checking out at the cash register. Knowing how to weigh fresh fruits and calculate the price per pound will help you know what fruits cost before you get to the cash register.

To weigh a fruit, place the item you want to purchase on the food scale located in the produce department. The food scale will show the weight of the fruit which is what you need to do the math to calculate the cost.



Example:

6 Bananas weigh 2 ½ pounds. They cost \$ 1.79 per pound. To calculate the cost, you take the price per pound and multiply by the weight.

$$\text{\$1.79} \times 2.5 \text{ pounds} = \text{\$4.48 plus tax}$$



Challenge Yourself!

Weight of 1 package of red, seedless grapes: 3 ¾ pounds or 3.75 pounds;

price: \$1.99 per pound

$$\underline{\hspace{2cm}} \times \underline{\hspace{2cm}} = \$ \underline{\hspace{2cm}} \text{ plus tax}$$



Which Is Cheaper: Fresh, Frozen or Canned Fruits?



1 - 15 oz. can of peaches costs \$2.25
 2½ pounds (40 oz.) of fresh peaches
 costs \$2.89 per pound



cost per ounce = $\$2.25/15 = \0.15 per oz. **Cheaper**
 cost per ounce = $\$2.89/40 = \0.72 per oz.

Challenge Yourself!

Calculate which is cheaper to find the unit price.

price of item _____ divided by _____ oz. = _____ cost per oz.



1 – 16 oz. fresh strawberries costs \$3.69
 1 – 48 oz. frozen strawberries costs \$9.59



cost per oz. = \$ _____
 cost per oz. = \$ _____



1 – 20 oz. can chunk pineapple costs \$2.19
 1 – 20 oz. can pineapple rings costs \$2.39
 1 – 2 pound (32 oz.) fresh pineapple costs \$3.25 per pound



cost per oz. = \$ _____
 cost per oz. = \$ _____
 cost per oz. = \$ _____

Hint: Always compare prices at the grocery store to save \$\$\$.
 Use unit pricing to see what is the cheapest.

Answer: Fresh strawberries cost \$ 0.23 per oz.; frozen strawberries cost \$ 0.20 per oz. **Cheaper option:** Can chunk pineapple costs \$ 0.11 per oz. Cheaper option: can pineapple rings \$ 0.12 per oz.; and fresh pineapple costs \$0.20 per oz.

Seasonal Fruits (Waskúyeča)

What does it mean to eat in season?

Eating in season is eating fresh foods that are **harvested in your area**-- not half-way around the world and shipped to your local grocery store.



Why is it good to eat in season?

Eating in season has many benefits, such as:

- **You may save money.** Food harvested in your area is cheaper to transport to your local grocery store than food grown overseas. When you eat fresh fruits in season, you pay less for transportation costs.
- **Your food may taste better.** Foods grown and picked at their peak typically taste better. Compare the taste of a strawberries in May to strawberries in November — you may never go back!
- **You may get more nutrients from your food.** Produce starts to lose nutrients after it is picked. The longer the travel time to your grocery store, the more nutrients that are lost.

How can I eat more seasonal foods?

Try these tips for buying fruits in season:

- **Know what is in season.** To check out what is in season, see the Best Time to Buy Seasonal Fruits table on the following page.
- **Shop at a local farmers market.**
- **Look at the stickers on the fruits at your store.** The sticker must state what country the food was grown in.

How can I still eat a variety of fruits when seasonal produce is limited?

- **Eat fruit in all their forms.** Buying canned or frozen is a great way to get plenty of fruits year-round at a good price.
- **Store fruits** purchased at their peak (and at their cheapest!) for the less plentiful winter months.

Freezing Food Guide: <https://www.ag.ndsu.edu/publications/food-nutrition/food-freezing-guide>

Canning Food Guide: <https://www.ag.ndsu.edu/food/food-preservation/canning>

Best Time to Buy Seasonal Fruits

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sept	Oct	Nov	Dec
Apples												
Blueberries												
Cantaloupe												
Cherries												
Grapes												
Oranges												
Peaches												
Pears												
Plums												
Raspberries												
Strawberries												
Watermelon												

Drying Food Guide: <https://www.ag.ndsu.edu/food/food-preservation/drying>

SHOPPING HINTS FOR FRUIT (Waskúyeča)

1. The freshest fruits are usually in the back and bottom of the bins.
2. Generally select mature, fully ripened fruit. Fruit can also be ripened in a brown paper bag.
3. If you want a smaller amount than what is offered, ask for assistance.
4. Fresh fruits are usually less expensive when purchased in season.



Food Safety

Fruits - All produce, regardless of where it was grown or purchased, should be thoroughly rinsed. However, any precut packaged fresh fruit (example: apple slices) do not need further rinsing.



- **Rinse** fresh fruits under running water just before eating, cutting, or cooking.
- **Do not use soap**, detergent, or bleach to clean fruits.
- Even if you plan to **peel or cut** the fruit before eating, it is **still important to thoroughly rinse** it first to prevent bacteria from transferring from the outside to the inside of the fruit.
- **Scrub the skin of firm fruits** (example: cantaloupe, watermelon) by rubbing with hands or with a clean **produce brush while rinsing** under water. **Dry fruit with a clean cloth or paper towel** to further reduce bacteria that may be present. Wet produce can allow remaining bacteria to multiply faster.
- **Refrigerate** all cut, peeled, or cooked fresh fruits **within two hours of preparing**.

Preventing Cross-Contamination

When shopping:

Separate fresh fruits from raw meat, poultry, seafood, and household chemicals in your grocery cart. Put fresh fruits in plastic bags (available in produce section of store).



When refrigerating food:

Keep fresh fruits away from and do not store under raw meat, poultry, and seafood. Keep meat, poultry, and seafood in containers or sealed plastic bags to prevent their juices from dripping onto other foods. Raw juices often contain harmful bacteria.

When preparing foods:

Wash hands and surfaces often: Harmful bacteria can spread throughout the kitchen and get onto cutting boards, utensils, and counter tops. To prevent contamination of foods, always wash hands with soap and hot water before and after handling food, and after using the bathroom, changing diapers, or touching pets.

Wash cutting boards, knives, utensils, dishes, and counter tops with hot, soapy **water** **after preparing each food item before moving onto the next item.**

Cutting boards and knives: Always use a clean cutting board and knife. **Always use one cutting board and knife for fresh fruits and a separate one for raw meats.** When cutting boards become excessively worn or develop hard-to-clean grooves, replace them.

Fruits: **Rinse** all fresh fruits **with running water to remove visible dirt.** Bacteria can grow on the cut surface of fruits so be careful not to contaminate while slicing, and **avoid leaving cut produce at room temperature.** **Refrigerate prepared fruits within two hours.**

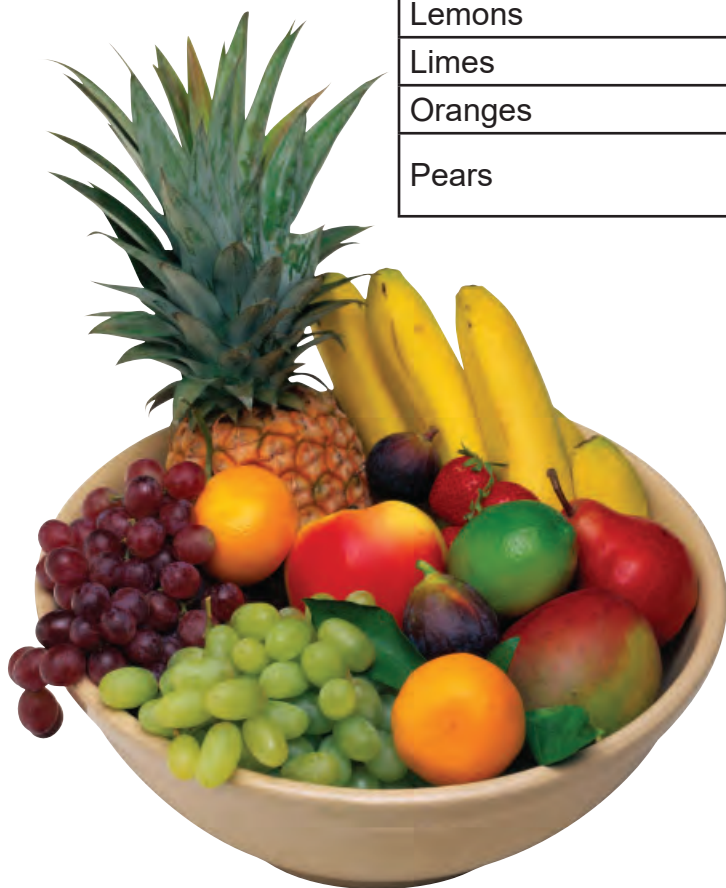
Fruit (Waskúyeča) Substitutions

If you are tempted to skip making a recipe because you don't have the fruit on hand, the fruit is too expensive, or the fruit is hard to find, try substituting another fruit. Read the recipe to find out how the fruit is used, and then look below to see if there is a fruit substitution you can use.

Instead of...	If Using Raw, Sub in...	If Using Cooked, Sub in...
Berries (blueberries, blackberries, strawberries, and raspberries)	Cherries, bananas, grapes, stone fruit	Cherries, grapes, stone fruit
Grapes	Cherries, berries, bananas	Cherries, berries
Stone fruit (peaches, plums, nectarines, and apricots)	Bananas, berries	Grapes, apples, pears

The following substitutions will work whether using raw or cooked fruits:

Instead of...	Sub in...
Apples	Peaches, pears, plums, nectarines, apricots
Bananas	Berries
Grapefruit	Oranges
Lemons	Limes, oranges, grapefruit
Limes	Lemons, oranges, grapefruit
Oranges	Grapefruit
Pears	Apples, peaches, plums, nectarines, apricots



Challenge Yourself!

Set a Goal

Choose (kañníga) one of the goals below (or set your own) to try during the next month:

- ☐ I will try a new fruit that I haven't eaten before.
- ☐ I will vary the color of fruits that I eat for the week.
- ☐ I will use the food scale at the grocery store to weigh a fruit to calculate what it costs per pound.
- ☐ I will make a recipe from this lesson.
- ☐ I will: _____



Baked Apples

Makes 4 servings

Ingredients

- 4 medium baking apples*
- ½ cup raisins, dates, or mixed dried fruits
- 2 Tablespoons brown sugar
- ½ teaspoon cinnamon
- ¼ teaspoon nutmeg
- ⅓ cup water

Directions

1. Spray or grease baking pan (any size).
2. Wash and core apples, leaving them whole; slice bottoms to sit level. Place apples on a baking pan coated with non-stick spray.
3. Combine raisins, dates, or mixed dried fruits, brown sugar, cinnamon, and nutmeg. Spoon into centers of apples. Add water to dish.
4. Bake at 350°F for 30 to 40 minutes or until apples are tender, basting occasionally with the cooking liquid. To reduce baking time, cook partially in the microwave for 3 minutes in a microwave-safe dish. Bake in oven at 350°F for 15 minutes.
5. Serve warm with low-fat vanilla yogurt, regular or frozen.



Nutrition Facts

Serving Size 1 apple (224.78g)
Servings Per Container 4

Amount Per Serving

Calories 190 **Calories from Fat** 0

% Daily Value*

Total Fat 0g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 5mg 0%

Total Carbohydrate 44g 15%

Dietary Fiber 5g 21%

Sugars 34g

Protein 1g 2%

Vitamin A 0% • Vitamin C 15%

Calcium 2% • Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.

**Varieties for baking include:*

Braeburn, Gala, Granny Smith,

Golden Delicious, Jonathan, Rome Beauty



Apple Salad

Makes 4 servings. $\frac{3}{4}$ cup per serving.



Ingredients

- 2 medium Granny Smith apples
- 2 Tablespoons dried fruit, such as raisins, dried cranberries, or dried currants
- 3 Tablespoons plain low-fat yogurt
- 1 Tablespoon whole, chopped walnuts

Optional Ingredients

- 1 Tablespoon honey

Directions

1. Rinse and remove cores from apples. Do not peel. Cut into 1-inch pieces. Place in medium bowl.
2. Add dried fruit and yogurt to bowl. Mix well.
3. Add chopped nuts to bowl. If using, add honey. Toss and serve.

Nutrition Facts

Serving Size $\frac{3}{4}$ cup
Servings Per Recipe 4

Amount Per Serving

Calories 80 **Calories from Fat** 10

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 10mg **0%**

Total Carbohydrate 16g **6%**

Dietary Fiber 3g **11%**

Sugars 12g

Protein 1g

Vitamin A 2% • Vitamin C 0%

Calcium 2% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



Chef's Notes

- Use any kind of apple in this recipe.
- Use any kind of nuts in place of walnuts.
- Toasting nuts can make them more flavorful. In a small skillet over medium heat, toast nuts until golden brown and fragrant, about 2 minutes. Watch closely so they do not burn. Remove from pan and let cool before using.

Fruit Salad

Serves 6, 1 cup per serving

Ingredients

- 2 cups frozen strawberries
- 1 cup frozen blueberries
- 1 cup frozen mango chunks
- 2 medium bananas
- 2 kiwis
- 1 (15-ounce) can pineapple chunks in juice

Optional Ingredients

- 3 Tablespoons mint leaves
- ½ cup shredded, toasted coconut
- ½ cup slivered almonds

Nutrition Facts

Serving Size 1 cup
Servings Per Recipe 6

Amount Per Serving

Calories 140 **Calories from Fat** 0

% Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 36g **13%**

Dietary Fiber 4g **14%**

Sugars 26g

Protein 1g

Vitamin A 6% • Vitamin C 100%

Calcium 2% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



Directions

In Advance

1. Thaw frozen fruit in the refrigerator until no longer hard, but still cool to the touch.

Preparation

2. Drain canned pineapple, reserving juice.
3. Peel and slice bananas and kiwis.
4. In a large bowl, add bananas, kiwis, pineapple, and thawed fruit. Mix.
5. In a small pot over medium heat, add reserved pineapple juice. Stir. Heat until juice thickens slightly, about 5 minutes. Allow juice to cool for 5-10 minutes.
6. If using, rinse and chop mint leaves.
7. Pour thickened pineapple juice over fruit salad. Mix to coat fruit. If using, mix in mint, coconut, and almonds.



Chef's Notes

- Use any fruits you like. To cut costs, choose fruits in season or on sale. Choose frozen and canned fruit in juice and with no added sugar.
- To toast coconut: Heat oven to 300°F. Place coconut shreds on a baking sheet lined with aluminum foil. Bake for 5 minutes or until light brown.
- Try serving for breakfast. Use as a topping for oatmeal or plain, nonfat yogurt.
- Use leftover frozen fruit in fruit smoothies.

Waldorf Yogurt Salad

Makes 6 servings



Ingredients

- 2 cups diced, unpeeled apples (2 medium)
- 1 cup diced celery
- ½ cup seedless grapes
- ⅓ cup chopped nuts
- ½ cup low-fat plain or vanilla yogurt

Directions

1. Combine apples, celery, grapes, nuts, and yogurt.
2. Toss gently and serve immediately.
3. Store leftovers in the refrigerator up to one day.



Chef's Notes - Make it a Main Dish

- Toss in chunks of grilled chicken.

Nutrition Facts

Serving Size ¾ cup (116.93g)
Servings Per Container 6

Amount Per Serving

Calories 110 **Calories from Fat** 40

% Daily Value*

Total Fat 4.5g **7%**

Saturated Fat 0.5g **3%**

Trans Fat

Cholesterol 0mg **0%**

Sodium 30mg **1%**

Total Carbohydrate 13g **4%**

Dietary Fiber 2g **9%**

Sugars 10g

Protein 2g **5%**

Vitamin A 2% • Vitamin C 6%

Calcium 6% • Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.



Fruit Salsa

Makes 3 servings

Ingredients

- ¾ cup chopped strawberries
- 2 apples, cored and chopped
- 1 kiwifruit, peeled and chopped
- 1 Tablespoon brown sugar
- 1 Tablespoon fruit jelly
- Juice from one orange



Directions

1. Combine all fruit in a bowl.
2. Add sugar, jelly, and juice.
3. Use Cinnamon Chips, graham crackers, or pieces of fruit to dip into salsa.

Nutrition Facts

Serving Size 1/2 cup (202.67g)
Servings Per Container 3

Amount Per Serving	
Calories 120	Calories from Fat 0
% Daily Value*	
Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 28g	9%
Dietary Fiber 4g	17%
Sugars 21g	
Protein 1g	2%
Vitamin A 0%	Vitamin C 100%
Calcium 2%	Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet.

Tortilla Chips

Makes 6 servings

Ingredients

- 6 small tortillas: yellow corn, white corn, or whole-wheat flour tortillas
- Non-stick spray
- Salt

Nutrition Facts

Serving Size 6 chips (25g)
Servings Per Container 6

Amount Per Serving	
Calories 50	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	1%
Trans Fat	
Cholesterol 0mg	0%
Sodium 400mg	17%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	6%
Sugars 0g	
Protein 1g	3%
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Directions

1. Cut tortillas into 6 wedges and place in single layer on a cookie sheet.
2. Spray the chips lightly with non-stick spray.
3. Sprinkle lightly with salt.
4. Bake in oven at 400°F until golden crisp. Corn tortillas will take 3-5 minutes. Flour tortillas will take 5-10 minutes. White corn tortillas are often crispier than yellow.

Variations:

Cinnamon Chips - Mix 3 Tablespoons sugar and 1 teaspoon cinnamon in a bowl. Sprinkle on tortillas instead of salt.

Mexican Chips - Sprinkle 2 Tablespoons of Mexican Seasoning (page 60) on tortillas instead of salt.

Fruit Tarts

Serves 6, 1 tart per serving



Ingredients

- 4 ounces low-fat cream cheese
- 3 cups fresh or thawed frozen fruit, such as bananas, strawberries, peaches, or mango
- 6 slices whole wheat sandwich bread
- 1½ Tablespoons nonfat milk
- 2 Tablespoons honey
- ¼ teaspoon vanilla extract

Nutrition Facts

Serving Size 1 tart
Servings Per Recipe 6

Amount Per Serving

Calories 160 **Calories from Fat** 35

% Daily Value*

Total Fat 4g **5%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 200mg **9%**

Total Carbohydrate 27g **10%**

Dietary Fiber 1g **4%**

Sugars 13g

Protein 6g

Vitamin A 6% • Vitamin C 25%

Calcium 6% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Directions

In Advance

1. Remove cream cheese from refrigerator. Let come to room temperature on counter top, about 2 hours.

Preparation

2. Preheat oven to 350°F.
3. If using fresh fruit, rinse, peel, and/or trim as needed. If using thawed frozen fruit, drain any excess juices. Cut fruit into ¼-inch thick slices. There should be about 2 cups total.
4. Slice crust off bread. Using the bottom of a heavy skillet, flatten to about ⅛-inch thick. Place on a baking sheet and bake until crisp, about 10 minutes. Let cool for 5 minutes.
5. While bread bakes, in a small bowl, use fork to mix cream cheese and milk until smooth. Stir in honey and vanilla.
6. Spread a heaping Tablespoon of cream cheese mixture on each piece of cooled bread. Arrange about ⅓ cup fruit on top of each tart.



Chef's Notes

- Use your favorite fruits to make these tarts. For best price, choose fresh fruits in season or thawed frozen fruits. Mangoes, apples, pears, melons, pineapple, berries, and orange or grapefruit segments all make good toppings.
- If you do not have an oven, crisp the bread in a skillet over medium heat. Or, use a toaster or toaster oven. Watch carefully so bread gets just crisp and not brown.
- Cover and refrigerate the cream cheese mixture up to 3 days. Leftover cream cheese mixture makes a great dip for fruits.
- Use leftover crusts to make whole grain breadcrumbs. Chop them as finely as you can with a knife, or pulse in a blender until crumbs form. For fresh crumbs, use as is. For dried crumbs, toast in a skillet over medium heat until light brown. Freeze in an airtight container until ready to use.

Grilled or Broiled Pineapple

Makes 8 servings

Ingredients

- 1 fresh pineapple
- 1 Tablespoon lime juice, lemon juice or orange juice
- 2 Tablespoons honey
- ½ Tablespoon cinnamon



Directions

1. Preheat grill or broiler. Or use an electric skillet on high heat, about 425°F. Coat cooking surface with non-stick spray.
2. Peel, core, and cut pineapple into ½ inch slices.
3. Make a glaze by mixing juice, honey, and cinnamon in a small bowl until smooth.
4. Spread glaze on each side of each pineapple ring.
5. Grill or broil 4-5 inches from heat (or on electric skillet) for 5-10 minutes, turning once, until heated through and tender.
6. Can be served as a side with dinner, on a hamburger, or as a snack with low-fat vanilla yogurt.

Nutrition Facts

Serving Size 3 slices (38.22g)
Servings Per Container 8

Amount Per Serving

Calories 35 **Calories from Fat** 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 9g 3%

Dietary Fiber <1g 3%

Sugars 7g

Protein 0g 0%

Vitamin A 0% • Vitamin C 25%

Calcium 0% • Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Variations:

Change spices - Try brown sugar and vanilla, or brush the fruit with olive oil and sprinkle with black pepper.

Change fruits - Other fruits that grill well are watermelon, peaches, pears, plums, apples, figs, and bananas. Softer, smaller fruits take less time to heat through.

Kabobs - Grill or broil fruit kabobs with strawberries and cubes of cantaloupe.

Apple Pancake Rings

Makes 4 servings



Ingredients

- 1 cup Master Mix (Month 2, Lesson 2)
- 1 egg
- ½ cup low-fat milk
- ½ teaspoon cinnamon
- 2 medium apples, peeled and cored

Directions

1. Beat together Master Mix, egg, milk and cinnamon until smooth.
2. Coat a pan or electric skillet with non-stick spray. Warm to medium heat.
3. Slice apples and dip in batter. Place on skillet and cook until golden brown, turning once.
4. Top with fresh fruit or low-fat yogurt for breakfast.

Variations:

Pear Pancake Rings - Try using pear slices.



Nutrition Facts

Serving Size 1/2 apple (171.04g)
Servings Per Container 4

Amount Per Serving

Calories 240 **Calories from Fat** 70

% Daily Value*

Total Fat 7g **11%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 50mg **16%**

Sodium 340mg **14%**

Total Carbohydrate 36g **12%**

Dietary Fiber 4g **16%**

Sugars 14g

Protein 7g **14%**

Vitamin A 4% • Vitamin C 8%

Calcium 20% • Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet.

Tropical Morning Treat

Makes 4 servings

Ingredients

- 2 Tablespoons orange juice
- 1 apple
- 1 orange
- 1 banana



Directions

1. Place orange juice in bowl.
2. Wash apple and dry. Remove the seeds and dice. Coat apple pieces with orange juice to prevent browning.
3. Peel orange and break into sections. Cut sections into small pieces.
4. Peel and slice banana into ¼-inch circles.
5. Toss all fruit and orange juice lightly. Chill or serve immediately.

Nutrition Facts

Serving Size 1/2 cup (115.5g)
Servings Per Container 4

Amount Per Serving

Calories 80 **Calories from Fat** 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 18g 6%

Dietary Fiber 3g 11%

Sugars 12g

Protein <1g 2%

Vitamin A 2% • Vitamin C 45%

Calcium 0% • Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

