

Smart Choices

A Community Nutrition
Education Program



Fruits and Vegetables

Fruit – Two Will Do

Fruit is a food group in the MyPyramid. Fruits are our main source of vitamin C.

We need at least 2 cups of fruit daily. One cup equals one medium-size piece of fruit (apple, banana, orange); ½ cup dried fruit; 1 cup cut-up raw or cooked fruit or 100% fruit juice.



Problem:

I don't eat fruit.

Goal:

I will eat two pieces of fruit each day.

Why do I want to change my eating habits?

My mother has cancer. I want to keep from getting cancer. I learned that eating more fruit may help protect me from this disease.

Am I interested in working to get more fruit in my diet?

Yes, right now.

What can I do to increase my intake of fruit?

Eat a piece of fruit or drink 100% fruit juice in the morning and after school. Try fruit for your bedtime snack. Have a banana with milk, or make a milk shake, instead of having chocolate chip cookies and milk.

Keep a record:

Record my bedtime snack on a calendar daily.

Evaluate:

I will check the calendar weekly to see my progress.



FRUIT COCKTAIL ICE POPS

1 can (29 ounces) fruit cocktail

12 popsicle molds or 12 3-ounce cups

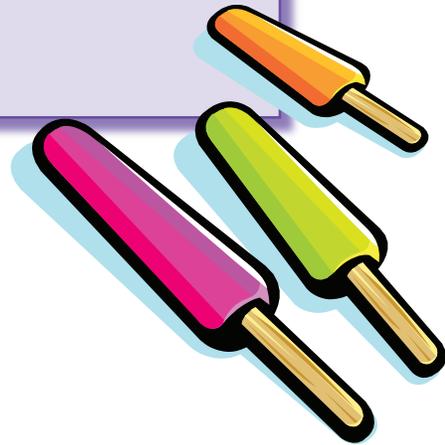
12 sticks

1. Fill molds or cups with fruit cocktail.
2. Insert sticks. Freeze.

Yield: 12 servings.

Each serving (serving size: 1 popsicle) provides about 33 calories, 0 g fat, 8 g carbohydrates, less than 1 g dietary fiber, 0 mg cholesterol and 3 mg sodium.

Recipe provided by Richland Parish Extension Office



To add fruit in the diet, try this:

- Add fruit into muffins
- Add berries into pancakes
- Try using applesauce in quick breads in place of some of the oil
- Mix some berries in breakfast cereal
- Mix dried fruit with rice to make a pilaf
- Make smoothies with juices and fruit
- Have fresh fruit for dessert
- Mix different fruit juices for a juice cocktail

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