

▶ KEEP FRUITS HANDY

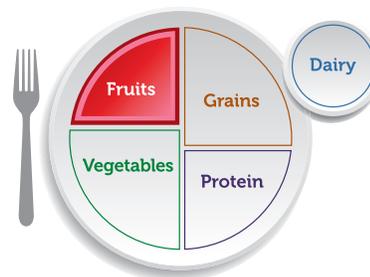
Eat a variety of fruits every day to add vitamins, minerals, and fiber to your meals and snacks. Most fruits are low in fat, sodium, and calories.

Serve different types of fruits like:

- Apples
- Bananas
- Oranges
- Canned peaches or pears packed in 100% juice
- Dried fruits such as raisins, cranberries, or prunes
- 100% orange or grapefruit juice

Adults and children who need 2,000 calories daily should eat about 2 cups of fruit each day. For 1 day, you could eat:

- **½ cup of canned peaches** (counts as ½ cup of fruit).
- **A large banana** (counts as 1 cup of fruit).
- **A small orange** (counts as ½ cup of fruit).



▶ TIPS TO KEEP FRUITS HANDY

Put different types of fruits on your shopping list.

Look for fresh, frozen, canned, and dried fruits at the store. Purchasing canned or frozen store brand fruits can save you more. 💰

Focus on fruit at meal time. Slice bananas on top of 100% whole-wheat breakfast cereal, place apple slices in a peanut butter sandwich for lunch, or add canned peaches or raisins to a salad at dinner. Younger children can help you pick the fruits for family meals or snacks.

Buy fruits in season. While most fruits are in the grocery store all year long, some cost less when they are purchased in season. Use your SNAP benefits to buy fruits at a local farmers market. 💰

Make fruit easy to see and eat. Keep a bowl of fruit like apples, oranges, and bananas on the kitchen counter for quick snacks. Fill half your plate with fruits and vegetables during meals.

Serve 100% juice. Look at the label to check if a drink is 100% fruit juice. Offer no more than 1 cup per day to children. If kids are still thirsty, serve water or milk. Look for canned fruit packed in 100% juice such as peaches and mandarin oranges.

Give your kids new fruits to try. Buy cantaloupes, strawberries, watermelons, grapes, and blueberries when they are on sale. Let your child see you enjoying different kinds of fruits during meals and snacks. 💰

💰 BUDGET-FRIENDLY TIP

To find the right amount of fruits for members of your family, visit <http://choosemyplate.gov/supertracker-tools/daily-food-plans.html> or www.supertracker.usda.gov.



▶ FRUIT SALAD WITH YOGURT

TOTAL TIME: 25 minutes

MAKES: four 1 cup servings

INGREDIENTS:

- 2 cups sliced strawberries
- 1 cup blueberries, rinsed
- 1 cup pineapple chunks, canned or fresh
- 3 tablespoons of pineapple juice*
- 2 cups of plain, low-fat yogurt
- 2 tablespoons of sliced or slivered almonds

DIRECTIONS:

1. Place fruit in a large bowl and mix with pineapple juice. Let stand for 15 minutes at room temperature.
2. Place 1 cup of fruit salad in a small bowl and top with ½ cup of yogurt.
3. Sprinkle almonds on top of each fruit salad. Serve immediately.

*Any 100% fruit juice can be used instead of pineapple juice.



NUTRIENTS PER SERVING:

Calories 172, Protein 8 g, Dietary Fiber 3 g, Total Fat 4 g,
Saturated Fat 1 g, Cholesterol 7 mg, Sodium 88 mg.



For more recipes visit
WhatsCooking.fns.usda.gov.



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