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Enjoy Fruits

1385



You can buy many kinds of nutritious and low-cost fruits to eat all year.

Enjoy fresh or cooked fruit at breakfast, lunch, and dinner, or for a snack.

What is in fruit for you?

- Great taste.
 - Many vitamins and minerals.
 - Few calories.
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Compare prices. Find different kinds of fruit within your budget. Try fresh, canned, or frozen.

Fresh and canned fruits can be low in cost.

Fresh Fruit:

- **All Year**
 - apples
 - bananas
 - oranges
 - pears
- **In Season**
 - berries
 - melons
 - peaches



Frozen fruits and fruit juices vary in price.

- Frozen juices you mix at home can cost less than ready-to-drink juices.
 - Frozen fruits usually cost more than fresh or canned fruits.
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Canned Fruit:

- Fruits cut into pieces of different sizes and shapes cost less than whole fruits.
- Generic and store brands often cost less than name brands. The nutrients in different brands of the same food are about the same.



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Tips on How to Buy and Store Fresh Fruit:

- Buy most fruits when they are ripe. But bananas, pears, peaches, and cantaloupe can ripen at home.
- Gently shake a bunch of grapes. Few will fall off if they are fresh.
- Brown dots on the skin of some apples, grapefruits, oranges, and pears are okay.
- Keep ripe fruit a few extra days by putting it in the refrigerator. Banana skins will turn dark, but the fruit will still be great.

Fixing Fresh Fruits:

- Wash well **just before** using them.
 - Cut away the stem, seeds, and any soft spots.
 - Put orange or lemon juice on cut fruits such as apples, bananas, peaches, and pears to keep them from turning brown.
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Fruit Milk Shake

4 servings

3 cups ripe fresh fruit in season, or canned fruit in light syrup or natural juice.
 ½ cup nonfat dry milk powder
 1 cup water or drained juice from can
 8 ice cubes, crushed

1. Peel fresh fruit, or drain canned fruit. Save any liquid from the can.
2. Cut fruit into pieces, and mash through a strainer or with a fork.
3. Crush ice cubes. Put the ice cubes in a dish towel or heavy plastic bag. Crush them with a rolling pin or hammer.
4. Beat together fruit, nonfat dry milk powder, and water or drained juice. Add crushed ice and beat again.



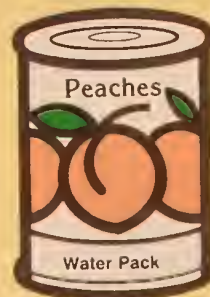
Pineapple Sweet Potatoes

4 servings

½ tablespoon margarine
 8-oz can crushed pineapple in natural juice
 2 cups sweet potatoes, fresh, cooked, sliced
 ¼ teaspoon cinnamon
 ⅛ teaspoon salt

1. Heat margarine in a large frying pan. Add sweet potato slices and pineapple. Sprinkle with cinnamon and salt.
2. Simmer without a cover until most of the juice has cooked away. This may take 10 to 15 minutes.
3. Turn potato slices a few times to coat them with the pineapple juice, then serve.

Some canned fruits are packed with added sugar.

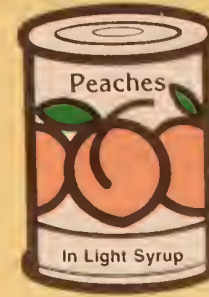


A ½-cup serving has:

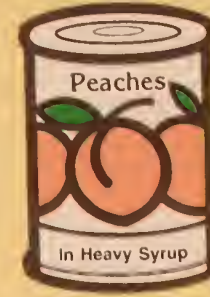
No Sugar Added



No Sugar Added



2 Teaspoons Sugar Added

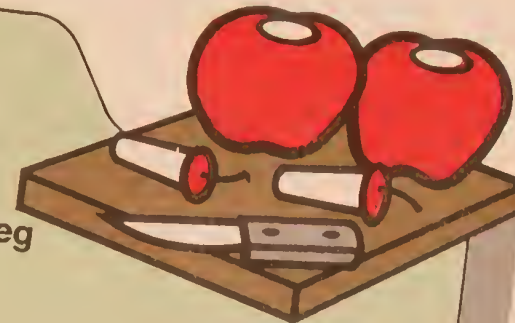


4 Teaspoons Sugar Added

Baked Apple

4 servings

4 large apples
 ¼ cup sugar, white or brown
 ¼ teaspoon cinnamon or nutmeg
 1 cup water



1. Cut out the core from each apple without cutting through to the bottom. Stick a fork through the apple skin on top in 3 or 4 places.
2. Put apples in a small baking dish.
3. Mix sugar and cinnamon. Put 1 tablespoon of mixture into center of each apple.
4. Pour water **around, not over**, the apples.
5. Cover dish. Bake at 350 °F for about 60 minutes, or until apples are tender.

Other Filling Ideas:

- Crushed pineapple packed in juice.
- Raisins, alone or with sugar and cinnamon.

Fruit Ideas

- **At breakfast** use fruit in cereal, muffins, or pancakes.
- **At dinner** add crushed pineapple or apple pieces to cole slaw.
- **At lunch** add cut-up apples, pears, or oranges to salad greens for a salad.
- **For snacks** choose fruits in place of other snacks high in sugar, fat, and salt.
- Spread peanut butter on apple slices.
- Save the juice or light syrup from canned fruit. Use it:
 - in fruit drinks or sauces in place of water.
 - in jelled salads and desserts.
 - over cut-up fresh fruit.

\$ Make Your Food Dollars Count \$