Those Fabulous Fruits

Dear Parents and Caregivers,

Eating a variety of fruits can provide health benefits and reduce the risk of chronic disease. Most fruits are naturally low in fat, sodium, and calories. Fruits are sources of many essential nutrients including potassium, dietary fiber, vitamin C, and folate (folic acid). Here are some tips to encourage your children, and others in your family, to eat more fruit.

- Keep a bowl of whole fruit on the table, counter, or in the refrigerator for easy access.
- Buy fresh fruits in season when they’re at peak flavor and usually less expensive.
- Buy fruits that are dried, frozen, and canned (in water or 100% juice) as well as fresh, so you always have a supply on hand.
- Set a good example for children by eating fruit every day with meals or as snacks.
- While shopping, allow children to pick out a new fruit to try later at home.
- Top off a bowl of cereal with some berries. Or, make a smiley face with sliced bananas for eyes, raisins for a nose, and an orange slice for a mouth.
- Give kids raisins or other dried fruits instead of candy as a sweet treat.
- Pack a juice box (100% juice) in children’s lunches instead of soda or other sugar-sweetened beverage.
- Offer only 100% fruit pieces and juice to children. There is often little real fruit in “fruit-flavored” beverages or chewy fruit snacks.

Keep fruit safe

- Rinse fruits thoroughly before preparing or eating them to remove dirt and surface microorganisms. Dry with a clean cloth towel or paper towel after rinsing.
- Keep fruits separate from raw meat, poultry and seafood while shopping, preparing, or storing them.


Physical Activity Corner

Work on your balance by standing on one foot, and then the other. Try lifting your leg to the front, side, and back, and lifting as high as you can while holding your position. Once you can do this, try it with your eyes closed!

CREAMY MIXED FRUIT SALAD

Servings: 4

Ingredients
2 cans mixed fruit (about 15 ounces each, drained)
2 bananas (sliced)
1 apple (peeled and sliced)
1 cup lemon or vanilla low-fat yogurt
Optional: 1 ounce lemon or vanilla instant pudding mix (about 2 tablespoons)

Directions
1. Combine mixed fruit, bananas, and apple in medium bowl.
2. In a small bowl, mix together yogurt and pudding mix.
3. Spoon yogurt mixture over fruit, stirring until coated.
4. Serve right away or refrigerate until served.