



Habit #2

Focus on fruits

Eat a variety of fruits every day. Fruits add vitamins, minerals, and fiber to our meals and snacks.

Each member of my family needs about 2 cups of fruit every day.

For one day, we might eat:



- One half cup of fruit cocktail (counts as 1/2 cup of fruit).



- A large banana (counts as 1 cup of fruit).



- A small orange (counts as 1/2 cup of fruit).

Tips on buying fruits:

- I include fresh, frozen, canned, and dried fruits like raisins on my shopping list.
- I always look for fruits on sale. Sales help stretch my food dollars.
- I always buy 100% juice and not fruit drinks. Fruit drinks might not have any fruit juice in them. They are

100% Juice	
Nutrition Facts	
Serving Size 8 fl oz (240 mL)	
Servings Per Container 12	
Amount Per Serving	
Calories 110	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%

mostly sugar. My nutrition educator told me how to tell if a drink is 100% fruit juice by looking at the food label.



Tips on serving fruits:

- My family likes fruit juice, but I might not serve it every day. We only drink enough juice to get up to half of the fruit we need for the day when we have juice. For my family, that would be no more than 1 cup per person.
- I keep a bowl of fruit like apples, oranges, and bananas on the kitchen counter for quick snacks.
- We often use fruit for dessert. Our favorites are:
 - Canned peaches, fruit cocktail, pineapple, and applesauce.
 - Mangoes, papayas, cantaloupes, strawberries, watermelons, grapes, and blueberries when they are on sale.

Here is a great recipe to try as a snack or dessert.



Snack Menu

Frozen Fruit Cups
Graham cracker
Low-fat or fat-free milk

Frozen Fruit Cups

Serving Size: 1 muffin tin cup | Makes: 18 servings

Ingredients:

- 3 bananas
- 24 ounces fat-free strawberry yogurt
- 10 ounces frozen strawberries, thawed, with the juice
- 8 ounces canned crushed pineapple, with the juice

Instructions:

1. Line 18 muffin-tin cups with paper baking cups.
2. Dice or mash bananas and place in a large mixing bowl.
3. Stir in remaining items.
4. Spoon into muffin-tin cups and freeze at least 3 hours or until firm. Remove frozen cups and store in a plastic bag in freezer.
5. Before serving, remove paper cups and let stand 10 minutes.