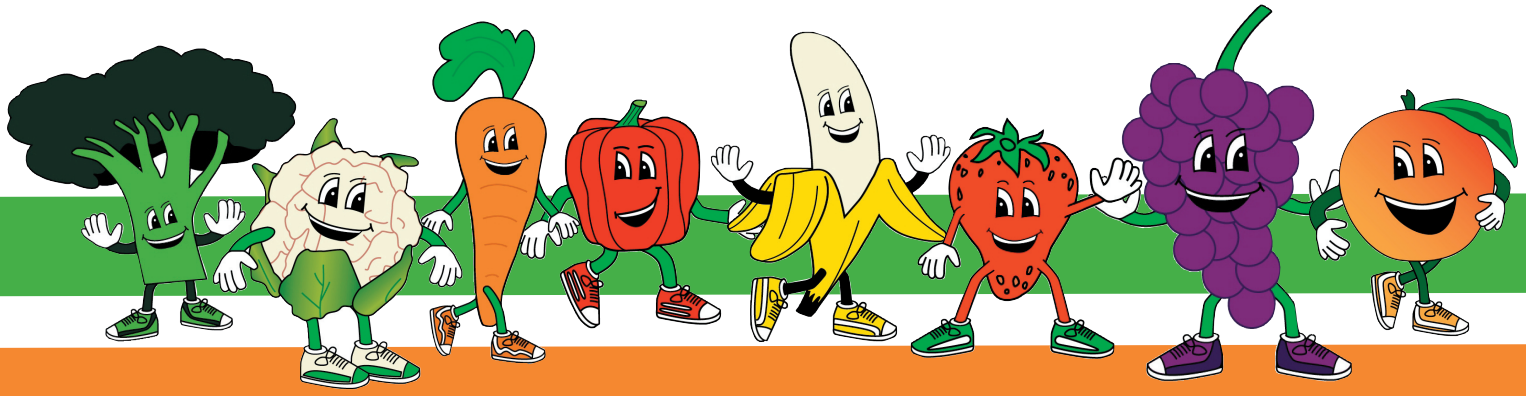
Nebraska
Fresh Fruit & Vegetable Program

School & Family Resources



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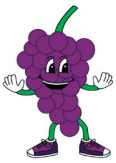
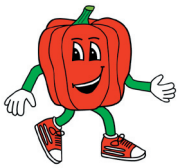
School & Family Resources Binder Contents



PROMOTION

- Nebraska FFVP Fact Sheet and Brochure
- Sample Family Letter (English and Spanish)
- Request Form for Fresh Fruits and Vegetables
- Fruits and veggies in the school
- Fruit and veggie taste testing
- Fruit and veggie health fair
- Fruit and veggie challenge
- School gardens

HANDOUTS (English and Spanish)



- Why children need fruits and veggies
- Easy ways to enjoy fruits and veggies
- Vary your veggies
- Focus on fruits
- Smart shopping for fruits and veggies
- Buy it fresh, keep it fresh
- Easy ways to fix fruits and veggies
- Learning about fruits and veggies at home
- Ways to get fruits and veggies on the go
- How fruits and veggies can help manage your weight
- Focus on fruits: Apples, Bananas, Kiwifruit, Oranges, Peaches, Pears.
- Encourage kids to eat more fruits and veggies
- Fruits & veggies on the go!
- Your questions answered
- Eat more fruits and veggies
- True or false? Test your fruit and veggie IQ
- How many fruits and vegetables do you need brochure and fact sheet

HANDOUT SERIES

- Fruit of the Month
- Veggie of the Month
- Daily Nutrition Tips

Nebraska Fresh Fruit & Vegetable Program

Program Description

The Nebraska Fresh Fruit and Vegetable Program (FFVP) provides all children and staff in participating schools with a variety of free fresh fruits and vegetables throughout the school day. It is an effective and creative way of introducing fresh fruits and vegetables as healthy snack options.

The Nebraska FFVP is supported by the U.S. Department of Agriculture (USDA) and is managed through the Nebraska Department of Education, Nutrition Services, in partnership with the Nebraska Department of Health and Human Services, Nutrition and Activity for Health Program.

Participating schools are also given materials and resources to promote fresh fruits and vegetables through classroom lessons, activities, food service and community partnerships. By increasing fresh fruit and vegetable eating opportunities and promoting consumption, students and staff are supported to improve their diets during the school day.

How It Works

- Nebraska elementary schools with 50 percent or more students eligible for free or reduced-price meals are eligible to participate.
- Eligible schools complete an annual application to participate.
- Select schools agree to offer free fresh fruits and vegetables to students during the school day.

Program Goals:

- Create a healthier school environment by providing healthier foods choices
- Expand the variety of fresh fruits and vegetables children experience
- Increase children's fresh fruit and vegetable consumption
- Make a difference in children's diets to impact their present and future health

More Information: www.nde.state.ne.us/ns/nslp/FFVP/FFVP.htm

NEBRASKA DEPARTMENT OF EDUCATION

fruits & veggies more matters™

DHHS Nebraska Department of Health and Human Services

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Request Form for Fresh Fruits and Vegetables

Name of School:		Date:
Name of Person Requesting:		Email:
Who is Receiving the Fresh Fruits and Vegetables:		Phone Number to Contact You:
Date of Activity:	Time Needed:	Location of Activity:
Number of Students:	Indicate Pickup or Delivery (Please Circle One)	
Fresh Fruit and Vegetable Needed: List the Kind and Quantity		
Special Instructions:		
Other Supplies: Ex: Napkins, Plates, Plastic ware		
Brief Description of Activity:		
Return completed form to your School Food Service Manager.		

Please submit written request at least one week in advance of activity.

Sample Family Letter

Letter writing is an effective, personal way to tell people your ideas. Keep letters to one page and at a sixth grade reading level. Make sure you spell the names correctly and have the correct address.

Focus on Fruits and Vary Your Veggies

Use official letterhead

Mr. and Mrs. Edward Garcia
1423 Plains Avenue
Sandler, NC 27886

Dear Mr. and Mrs. Garcia:

The students at Eggplant Elementary School are participating in the USDA Fresh Fruit and Vegetables in Schools Program. This is a program to encourage students to enjoy the great taste and health benefits of eating plenty of fruits and veggies each day as part of a lower-fat, higher-fiber eating style. Your child may be bringing home activities and newsletters to share with you. In addition, you may be asked by a teacher or another parent to assist with activities, decorations or refreshments for special fruit and veggie promotional events.

You can also support your child's efforts to increase his/her fruit and veggie consumption in many ways throughout the year. For example:

- Eat breakfast or lunch with your child at school and help him/her select fruits and veggies.
- Take your child grocery shopping. Regularly let him/her assist in selecting a new fruit or veggie to try. This could be a fresh, frozen, canned or dried item.
- Give your child options! Let him/her choose which veggie to serve at dinner some nights.
- Keep fruits and veggies where kids can see them, like on counter tops.
- Send fruits, 100% fruit or veggie juices, or veggies to school when snacks are requested for parties or special events.
- Seek out a Farmers' Market in your area and take your child.
- Be a role model! If your child sees you eating fruits and veggies regularly, he or she will be more likely to eat them.

Please make every attempt to encourage your child to take part in our Fresh Fruit and Vegetable Program activities. Please call me at (252) 555-1234 if you have any questions. Thank you for helping your child be healthier!

Sincerely,

Name
Title

Sources: NC SNAC 2003, NC 5 A Day Toolkit

Ejemplo de una carta a una familia

Una manera eficaz y personal de transmitir sus ideas a otros es con una carta. Limite la carta a una página y escríbala al nivel de lectura de sexto grado. Verifique la ortografía de los nombres y que la dirección esté correcta.

Piense en frutas y varíe las verduras

Use el membrete apropiado

Sr. y Sra. Eduardo García
1423 Plains Avenue
Sandler, NC 27886

Estimados señor y señora García:

Los alumnos de la Escuela Primaria Naranja están participando en el Programa escolar del USDA sobre frutas y verduras frescas. Este programa trata de animar a estudiantes a que gocen del buen sabor y de los beneficios a la salud al comer muchas frutas y verduras todos los días, como parte de un estilo de comer de poca grasa y de mucha fibra. Sus hijos le estarán trayendo boletines y actividades que compartirán con ustedes. Además, una maestra u otro padre/madre les podrían pedir que ayuden con las decoraciones o refrescos para eventos especiales que promueven el consumo de frutas y verduras.

Ustedes también pueden apoyar los esfuerzos de sus hijos aumentando el consumo de frutas y verduras durante el año de muchas diferentes maneras. Por ejemplo:

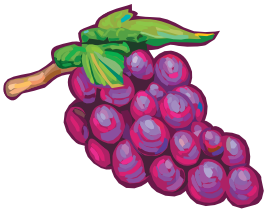
- Desayunen o almuercen con sus hijos en la escuela y ayúdenles a seleccionar frutas y verduras.
- Lleven a sus hijos a hacer compras. Déjenlos ayudar en la selección de una fruta o verdura nueva. Puede ser fresca, congelada, enlatada o seca.
- ¡Denles opciones a sus hijos! Algunas veces, déjenlos seleccionar la verdura que se servirá en la cena.
- Guarden frutas y verduras donde sus hijos las verán, como en la encimera de la cocina.
- Cuando se les solicitan refrigerios para fiestas o eventos especiales en la escuela, envíen frutas y jugos 100% de frutas o verduras.
- Encuentren un mercado de agricultores en su zona y lleven a sus hijos.
- ¡Sean un modelo de conducta! Si sus hijos los ven comer frutas y verduras regularmente, es probable que ellos las comerán más regularmente también.

Por favor hagan todo lo que puedan para que sus hijos participen en las actividades del Programa escolar del USDA sobre frutas y verduras frescas. Llámenme al (252) 555-1234 si tienen alguna pregunta. Gracias por ayudarles a sus hijos a comer de manera más sana.

Atentamente,

Nombre
Título

Fuente: NC SNAC 2003, NC 5 A Day Toolkit



Fruits and Veggies in the School

School staff have the chance to promote fruits and veggies everyday. Here are some fun ways to do that.

Setting the stage for fruit and veggie messages

- Give magnets, pencils or erasers with a fruit or veggie theme to students and staff.
- Hang posters that promote fruits and veggies.
- Wear aprons, t-shirts or hats with a fruit or veggie theme.
- Highlight fruits and veggies served.
- Advertise fruits and veggies with fruit and veggie stickers.

Having fun with fruits and veggies

- Throw a fruit and veggie tasting party for students.
- Sponsor a fruit and veggie trivia contest for students, staff and leaders.
- Invite the media to your fruit- and veggie-themed events.
- Feature new fruits and veggies.

Involving kids in fruit and veggie messages

- Survey students about favorite fruits and veggies.
- Start up a fruit and veggie buddy system for students.
- Invite students to decorate the school with fruit and veggie themes.

Promoting fruits and veggies to families

- Give a fruit and veggie presentation to the PTA.
- Put a promotional message on the menus students take home to their families.
- Include fruit and veggie messages when menus are sent to the media.
- Form new partnerships with parents to promote fruits and veggies.
- Sponsor a family fruit and veggie health fair.

Source: NC SNAC March 2003

Fruit and Veggie Taste Testing

Often just one taste is enough to encourage someone to be a lifetime consumer of a fruit or veggie. Taste tests in classrooms or school cafeterias can be a simple way to introduce students and staff to new fruits and veggies. If you plan to hold a taste testing of new fruits and veggies, **please send a note home with students the week before a taste test is planned to avoid potential problems for children with allergies.**

Key Elements

- Capture the attention of students, teachers and staff
- Use colorful signs and have the servers wear colorful aprons
- Use simple messages - see below for quick themes and suggested activities
- Choose a location where students and staff can easily stop, sample and talk to the servers
- Give something to take home (recipes, tip cards or fruit and veggie promotional items)

Tips

- Consider the time of day/week/year when planning - offer seasonal produce
- Arrange the taste test during a time that fits best in the school day
- Decide on a memorable message and communicate it to every taster
- Show students and staff something new and different
- Tie it into a promotion in the cafeteria (such as a fruit or veggie of the week)
- Use the chart on the back to capture students' opinions

Supplies: serving dishes and utensils, napkins and toothpicks

Common Sense

- If experimenting with exotic fruits and veggies, always sample them yourself first
- Never leave the samples unattended
- Have individual servings so that tasters don't "double dip"
- Serve the food yourself; don't let tasters help themselves
- Be careful with electricity and cords
- Maintain cleanliness and proper sanitation

Quick and simple messages to encourage tasting

Message	Suggested Activity
Try a new fruit or veggie in your salad	Sample a variety of new and different salad ingredients with low-fat dressings
Enjoy a healthy snack of fruits or veggies	Sample cut veggies with low-fat dip or dressing, exotic fruits: kiwi, mango, paypaya and star fruit
When you want something sweet for dessert, try fruit - it's naturally sweet	Sample a variety of fresh cut fruits, create a mixed fruit cup

Fruit and Veggie Taste Testing

Name_____

Date_____

Fruit or veggie to taste	I tasted it	What did I think of it	I will not taste it now

Source: NC 5 A Day Toolkit

Fruit and Veggie Health Fair

A health fair can be a fun and creative way to draw attention to fruits and veggies at your school!

Supplies: Room, tables, community displays, tickets, door prizes, donated produce, posters, and taste test materials.

Two months ahead...

- Choose a health fair coordinator.
- Form a group or committee to plan the health fair.
- Brainstorm ideas that focus on fruits, veggies and physical activity.
- Give responsibilities to students. Consider letting them help with advertising. Put groups in charge of music or set-up. Use an older student or teacher to work with the students.
- Ask supermarkets, farmers' markets and produce boards to donate fruits and veggies.
- Ask an aerobics instructor to demonstrate fun physical activities at the fair.
- Ask for participation from parents. Community health organizations can help, too. Try the American Cancer Society, the American Heart Association, hospitals, local health departments or the YMCA.
- Set a date and time for the health fair.
- Make raffle tickets. Arrange for door prizes. Many local businesses will donate prizes to schools.
- Promote the health fair to youth groups and parents.
- Choose a master of ceremonies.

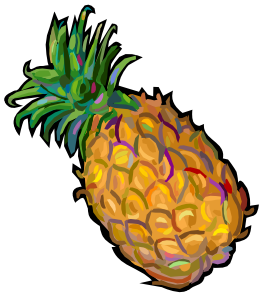
One month ahead...

- Promote the health fair with flyers and posters. Give them to parents, local businesses and community groups.
- Encourage students to create slogans. Advertise the slogans over local radio stations or cable channels.
- Have parents support a booth with educational activities.

The day of the fair...

- Have students perform a song or routine with a fruit or veggie theme at the health fair.
- Show easy ways to prepare fruits and veggies.
- Set up a taste-testing section or booths throughout the room.
- Decorate the room with posters of fruits and veggies. Include posters that encourage physical activity, too.

Source: NC SNAC March 2003



Fruit and Veggie Challenge

The *Fruit and Veggie Challenge* is an activity that encourages participants to eat more fruits and veggies each day. This activity could be done on many different levels, either as a challenge for one classroom at a time or as a competition (between classrooms, grades or even entire schools!). Don't forget to include parents, faculty and staff. The steps below would help organize a challenge for the entire school. Steps could be easily modified for fewer participants, such as a classroom-only activity.

Two months ahead

- Get the endorsement of the principal and administration.
- Designate a *Fruit and Veggie Challenge* coordinator.
- Develop a team: teachers, school nurse, foodservice director and staff, parents/PTA, community agencies (Cooperative Extension, local hospitals, health department staff). Include all school departments, especially physical education, the library/media center, music and art teachers.
- Brainstorm for ideas that focus on fruits and veggies.
- Schedule the event.
- Solicit participation from parents and community health organizations, such as the American Cancer Society, American Heart Association, YMCA or local hospitals.
- Arrange for prizes. Many local businesses are willing to donate prizes.
- Gather recipes, educational resources and other materials.

One month ahead

- Promote the challenge with posters and flyers distributed to parents, faculty and staff.
- Work with teachers to encourage students to create slogans.
- Elicit parent participation by inviting parents for a school lunch that features new fruits and veggies.

The week of the Challenge

- Provide students and staff with a copy of the *Fruit and Veggie Challenge* chart.
- Have students perform fruit and veggie-related songs during an assembly.
- Demonstrate ways to prepare fruits and vegetables that are easy and tasty.
- Set up a taste-test and/or other fruit and veggie activity in the cafeteria.
- Decorate the hallways with posters of fruits and vegetables.
- Guide the students through the *Fruit and Veggie Challenge* chart each day.
- Remind them to complete the form each night with their family.

After the Challenge

- Tally the results and recognize students' efforts.
- Give a certificate to each student/adult who participated. Consider recognizing the student/class/ grade/school that ate the most fruits and veggies or that did the most minutes of physical activity or that tried the most new fruits and veggies.

Source: NC 5 A Day Toolkit & www.eatsmartmovemorenc.com

Fruit and Veggie Challenge

Name_____

Classroom_____

Daily Number of Fruit and Veggie Servings

	Breakfast	Lunch	Snacks	Dinner	Total
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					

- **Aim for 5-9 servings of fruits and veggies every day. That equals 2½ cups of veggies and 1½ cups of fruit.**
- **You can eat fresh, frozen, canned or dried fruits and veggies.**
- **Pick lots of different colors of fruits and veggies - red, green, yellow, orange, blue, purple and white.**
- **Here are some ideas about what counts as a serving of fruits and veggies.**

1 medium-sized piece of fruit (e.g. banana, apple, orange, pear)

1/2 cup cut-up fresh fruit or canned fruit, canned in its own juices

3/4 cup (6 fluid ounces) 100% fruit juice

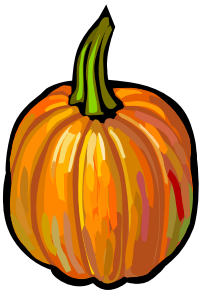
1/4 cup dried fruit (e.g. raisins, dried apricots, prunes)

1 cup raw, leafy veggies (e.g. lettuce, spinach) or salad

1/2 cup cooked or canned veggies

3/4 cup (6 fluid ounces) 100% veggie juice

1/2 cup cooked or canned beans, peas or lentils



School Gardens

School gardens are effective learning tools that create opportunities for our children to discover fresh food, make healthier food choices and become better nourished. Gardens also offer dynamic, beautiful settings in which to integrate every discipline, including science, math, reading, environmental studies, nutrition and health. There are many types of plants that can be grown in a garden including those that produce edible fruits and veggies. The following tips will help you get started with your own project.

Organize a Garden Committee and Support Base

- Include administration, teachers, parents and students in the planning process.
- Get permission before planning to plant a garden on school property.
- Define specific talents and expertise of each member of the committee and support group. List specific needs/wants and have individuals commit to those areas.
- Establish a projects list, realistic timeline for completion of tasks and specific objectives for students in the garden. Visit successful school gardens to get ideas and ask questions.
- Enlist the expertise of your county's Cooperative Extension Service or a Master Gardener Program.

Select a Garden Site

- A good site is easily accessible, receives direct sunlight for 6 to 7 hours daily, is clear of trees and roots and has good water drainage.
- Check for the proximity of the water source.
- Call local utilities and the school district for existence and location of underground utilities.

Design Your Garden

- Start small to develop a general feel for the garden. Things to consider include: individual class beds, theme gardens, a tool shed, a greenhouse and fencing.
- Sketch out a plan for the entire area including: beds for annual crops of veggies and flowers; theme gardens for butterfly and larval plants; medicinal and culinary herbs; teas; edible flowers; an orchard area; and permanent areas to include native plants and berry patches (habitats for birds, insects, snakes and frogs).
- Be sure to include composting and worm bins, a tool shed, benches and a shaded outdoor classroom. If necessary, divide the project into phases as funds and energy permit.
- Make sure paths are wheelchair accessible - 36" wide.

Determine Cost of Labor and Materials

- Organic planting mix for raised planters. Multiply bed length times width times depth in feet and divide by 27 to get number of cubic yards of soil needed.
- Soil amendments for in-ground planting. Add 4 to 6 inches of compost to well-dug soil and mix with existing soil.
- Hardware cloth (¼ inch wire mesh) to line raised beds where moles are a problem.
- Wood chips or other materials for garden paths. Most tree companies are glad to donate chips.
- Irrigation components and controllers. You can use simple, non-electrical timers, or battery operated controllers, costing $20-$30 and $40-$50, respectively.
- Seeds and plants.
- Suggested Tool List (minimum): small trowels - one per student; watering cans; 3-4 shovels; 3-4 turning forks; wheelbarrow; small buckets; 1-2 hoes; 1-2 rakes; plant labels are a good art project; hoses and gentle spray nozzles.

Fundraising

- Determine start-up and maintenance costs, and what funds are immediately available. Is there a system established with the school regarding accounting?
- Determine who will keep track of the budget.
- Make a list of needed items and a list of possible local resources - PTA, parents, local vendors.
- Obtain a list of grant proposals; determine who will research, write and facilitate the grant.

Garden

- Schedule and publicize community work days; follow up with a phone tree.
- Have students make posters to put around school with work dates.
- For building projects, identify an experienced carpenter or builder in the group to organize workers.
- Identify those with plumbing, electrical and irrigation knowledge and skills. Ask volunteers to bring needed tools, including saws, hammers, post hole diggers, wheelbarrows, shovels, spades, pickaxes, digging bars and spading forks (depending on tasks being done).
- Remove any unwanted current vegetation from the garden site. Move native plants or current landscaping to another appropriate site on school grounds. *DO NOT USE HERBICIDES* of any kind to kill weeds. They are toxic not only to weeds, but also to our watersheds and our children!
- If mole/vole control is needed, install ¼" hardware cloth 12 inches deep for in-ground planting or use raised planters with ¼" hardware cloth on bottom. If planting directly in the ground, turn over soil to a depth of 18", adding 4" to 6" of soil amendments as needed (based on soil type). If constructing raised planters, fill with organic planting mix.
- Install drip irrigation system and controller. Spread wood chips or other material on garden paths.
- Build fence and gate; install sign.
- Contact your local Cooperative Extension agency for advice on appropriate plants, planting schedules, seeds and seedling sources.
- Have students start planting. Make sure that the students are involved in each step of the process whenever possible!
- MOST IMPORTANT - Have Fun!

Source: How to Start a School Garden, Environmental Education Council of Marin, Marin Food Systems Project: Action Guide for Starting a Food Systems Project at Your School

Why Children Need Fruits and Veggies

Focus on Fruits and Vary Your Veggies

Healthy eating habits start early. In fact, adults that eat the recommended amount of fruits and vegetables usually ate plenty of fruits and veggies as children. Health experts recommend plenty of fruits and veggies every day because they are:

Rich in Vitamins and Minerals Needed for Growth

Vitamin A: for growth, vision and healthy cells
Vitamin C: for ligaments, gums, wound healing and blood cell
Folate: for normal cell division, wound healing and preventing birth defects
Vitamin B_6: for muscles, nerves and blood cells
Vitamin K: for proper blood clotting
Calcium: for bone health, teeth, nerve impulses and more
Magnesium: for bones, nerve impulses and muscle function
Iron: for oxygen transport, immune function and learning ability
Selenium: for processing of fat and vitamin E; may protect against cancer
Potassium: for healthy cells and processing of carbohydrate and protein

Low in Fat and Good Sources of Fiber

- A diet low in fat may reduce the risk of heart disease, obesity and some cancers.
- Diets high in fiber have been linked to lower risks of some types of cancer.
- Fiber-rich foods help keep your digestive system healthy. They also help keep your blood cholesterol and blood sugar normal.
- Fiber is filling, which prevents overeating.

Good Sources of Cancer-reducing Compounds

Different plant families provide different health benefits, so eating a variety of fruits and veggies is recommended. Fruits and veggies help reduce the risk of cancer because they are rich sources of:

Carotenoids: a group of compounds related to vitamin A
Beta-carotene: an antioxidant that helps protect cells and DNA
Bioflavonoids: powerful antioxidants that work with vitamin C
Allicin: an immunity booster
Phenolics: powerful antioxidants that may slow some effects of aging
Lycopene, indoles and anthocyanins: powerful antioxidants

Sources: NC SNAC 2003, NC 5 A Day Toolkit ugust 2007

Por qué los niños necesitan frutas y verduras

Piense en las frutas y varíe las verduras

El hábito de comer de modo sano empieza a temprana edad. Es más, los adultos que comen la cantidad recomendada de frutas y verduras generalmente comieron muchas cuando niños. Los expertos de salud recomiendan el consumo de muchas frutas y verduras todos los días porque:

Son ricas en las vitaminas y los minerales que se necesitan para crecer

Vitamina A: para el crecimiento, la vista y células sanas
Vitamina C: para los ligamentos, las encías, cura de heridas y glóbulos rojos
Folato: para el desdoblamiento celular normal, cura de heridas y prevención de defectos de nacimiento
Vitamina B_6: para músculos, nervios y glóbulos sanguíneos
Vitamina K: para la buena coagulación sanguínea
Calcio: para huesos sanos, dientes, impulsos nerviosos y más
Magnesio: para huesos, impulsos nerviosos y función muscular
Hierro: para transporte de oxígeno, la función inmunitaria y la capacidad de aprender
Selenio: para procesar la grasa y la vitamina E; puede proteger contra el cáncer
Potasio: para células sanas y el procesamiento de carbohidratos y proteínas

Tienen poca grasa y son excelentes fuentes de fibra

- Una dieta de poca grasa puede reducir el riesgo de las enfermedades cardíacas, la obesidad y algunos tipos de cáncer.
- Las dietas ricas en fibra se han ligado a un menor riesgo de algunos tipos de cáncer.
- Alimentos ricos en fibra ayudan a mantener sana la digestión. También ayudan a normalizar el colesterol y la glucosa.
- La fibra llena, lo cual impide que se coma demasiado.

Son buenas fuentes de los compuestos que reducen el cáncer

Diferentes familias de verduras proporcionan diferentes beneficios de salud, por lo tanto se recomienda comer una variedad de frutas y verduras. Frutas y verduras ayudan a reducir el riesgo de cáncer porque son fuentes ricas de:

Carotenoides: un grupo de compuestos relacionados con la vitamina A
Beta caroteno: un antioxidante que ayuda a proteger el ADN y las células
Bioflavonoides: antioxidantes poderosos que funcionan con la vitamina C
Alicina: un refuerzo inmunitario
Fenoles: antioxidantes poderosos que pueden disminuir algunos efectos del envejecimiento
Licopenos, indoles y antocianinas: antioxidantes poderosos

Fuente: NC SNAC 2003, NC 5 A Day Toolkit

Easy Ways to Enjoy Fruits and Veggies

Focus on Fruits and Vary Your Veggies

Making a Change

- **Set a good example.** Eat fruits and vegetables every day yourself whether you are at home or on-the-go. Pick up a pack of dried fruit instead of a candy bar. Comment to your child about how good your snack is. At home or in a restaurant, get excited about how good the veggies look, smell and taste.

- **If you make it they will come.** The more visible you make fruits and veggies to children, the more likely they are to eat them. Make fruits and veggies ready-to-eat by washing and cutting ahead of time.

- **Get interactive.** Have children sprinkle raisins or blueberries on cereal or yogurt, or grate carrots for a salad. Get children interested by having them watch a veggie or fruit go "from farm to plate". Grow a garden, join a community garden project or simply visit a local farm. Children's books about fruits and veggies can be read at home to make an impact — try your local library.

- **There is always something that they will like.** There are so many fruits and veggies out there to choose from and so many ways to fix them! Try broccoli in macaroni and cheese, fruit chunks in gelatin, or raw spinach in a tossed salad with other greens.

- **Give your kids a choice.** Take them to a grocery store or Farmers' Market to let them see all the different shapes and colors that fruits and veggies offer. Have children pick out a new fruit or veggie that they would like to try. At home, have them help fix it. Let your child decide whether to eat it and how much to eat. Likes and dislikes change as children grow. If they don't like something the first time, wait a few weeks and try try again!

- **Prepare unique twists on common favorites.** Instead of high-fat French fries, try seasoned, baked sweet potatoes. Simply cut sweet potatoes into wedges, spray lightly with a veggie oil spray, and cook at 350 degrees Fahrenheit for 45-50 minutes.

Bringing More to the Table

- As a main course, serve larger portions of veggies and smaller ones of meat.
- Offer two veggies and a salad at dinner. You'll save money and cut down on fat and cholesterol at the same time.
- Snack on a variety of veggies and fruits instead of expensive chips and cookies.
- Use fresh produce in your soups, rice dishes and stews.
- Try new recipes or adapt your old ones to include more produce.
- Add sliced or dried fruit to cereal for breakfast.
- Add chopped, fresh veggies such as broccoli and red peppers to homemade or store-bought pizza.
- Buy large bags of frozen, mixed veggies and use them to make an easy stir-fry dinner.

Fun Food Tips

- Dip it, dunk it, love it! Kids love to eat almost anything that can be dunked into a tasty dip or dressing. Serve carrot and veggie sticks with low-fat ranch dressing, lite sour cream or low-fat cottage cheese. Slice apples and pears or other fruit and dip them into low-fat vanilla or lemon yogurt for a sweet dessert combination.
- Keep the crunchies in your munchies. Kids often prefer raw veggies instead of cooked. Raw carrots, celery, sweet peppers, zucchini, cauliflower and broccoli are big hits.
- Create eye-appealing combinations such as carrot coins and baby peas. Or, try corn kernels with bright chunks of red pepper.
- Let kids get a scoop on things by having a melon baller handy. They'll love making their own desserts from cantaloupe, honeydew and other melons topped with a scoop of low-fat frozen yogurt.
- Keep things fresh and interesting by combining fruits of different flavors and colors, such as red grapes with pineapple chunks.
- Try fanning alternating sections of grapefruit and navel oranges into a pinwheel shape for a merry-go-round of fruity fun.
- Make it fun by decorating baked potatoes with veggie toppings, threading fruit on skewers for fruit kabobs, or by making animal shapes or faces on pizza, cereal and pancakes.

Adapted from materials from Texas 5 A Day Week materials, the NC Nutrition Education and Training Program, the NC Division of Public Health - Nutrition Services Branch, and the Westchester County Department of Public Health.

Cómo gozar de frutas y verduras

Piense en las frutas y varíe las verduras

Haga el cambio

- **Dé un buen ejemplo.** Coma usted misma frutas y verduras todos los días, en casa o fuera de la casa. Ande con un paquete de frutas secas en vez de dulces o chocolates. Háblele a sus hijos del buen sabor que tienen. En casa o en un restaurante, entusiásmelos con el buen sabor, olor y aspecto de las verduras.

- **Si las prepara, las comerán.** Cuanto más visibles son las frutas y verduras para sus hijos, tanto mayor la probabilidad de que las comerán. Tenga frutas y verduras listas para comer, lavándolas y cortándolas con anticipación.

- **Sea interactiva.** Pida a sus hijos que coloquen pasas de uva o arándanos azules en los cereales o en el yogur, o que rallen zanahorias para una ensalada. Interese a sus hijos a que vean como una fruta o verdura pasa “de la huerta al plato”. Plante un huerto, asóciese con una huerta comunitaria o visite una huerta local. Libros escritos para niños sobre frutas y verduras se pueden leer en casa para que haya más impacto – visite su biblioteca pública.

- **Siempre habrá algo que les gustará.** Hay tantas frutas y verduras de las que se puede seleccionar y tantas maneras diferentes de prepararlas. Añádale bróculi a los macarrones con queso; o trozos de fruta a la gelatina o a una ensalada de espinacas y otras verduras de hoja verde.

- **Deje que sus hijos seleccionen.** Llévelos a una verdulería/frutería o a un mercado de agricultores y déjelos ver las diferentes formas y colores de las muchas frutas y verduras al alcance. Deje que seleccionen una fruta o verdura nueva que quisieran probar. En casa, deje que la preparen ellos. Deje que sus hijos decidan si es que la quieren comer y cuánto quieren comer. A medida que crecen sus hijos, lo que les gusta y lo que no les gusta, irá cambiando. Si no les gusta algo la primera vez, espere una semanas y ofrézcasela otras vez.

- **Prepare comidas favoritas de otra manera.** En vez de papas fritas llenas de aceite, hornee batatas dulces bien condimentadas. Corte los camotes/batatas dulces en trozos, rocíelas con un rociador de aceite vegetal y cocine al horno a 350° F (176° C), por unos 45 a 50 minutos.

Nebraska Fresh Fruit and Vegetable Program
Adapted from North Carolina

Traiga más a la mesa

- Como plato principal, sirva más porciones de verduras y menos de carnes.
- Para la cena, ofrezca dos verduras y una ensalada. Ahorrará dinero y además, reducirá la cantidad de grasas y colesterol.
- Entre comidas, coma una variedad de verduras y frutas en vez de papas fritas y galletas que son más caras.
- Use verduras frescas en las sopas, platos con arroz y guisados.
- Pruebe recetas nuevas o adapte las viejas para que incluyan más verduras y frutas.
- Añada frutas secas y frutas frescas cortadas a los cereales del desayuno.
- Añada verduras frescas picadas, como bróculi y pimientos/ajíes rojos a las pizzas hechas en casa o compradas.
- Compre bolsas grandes de verduras mixtas congeladas y úselas para complementar una cena rápida cocida en la sartén.

Ideas para divertirse con frutas y verduras

- ¡Remójelas, báñelas, úntelas, sumérjalas! A los niños les encanta casi todo lo que pueden meter en un aderezo o salsa. Sirva palitos de zanahorias y otras verduras con una salsa "Ranch" de poca grasa, crema agria de poca grasa o queso cottage de poca grasa. Corte rebanadas de manzanas, peras u otras frutas y úntelas con yogur de poca grasa de vainilla o de limón y tendrá un postre dulce y sabroso.
- Coma algo crujiente cuando tiene hambre. Niños muchas veces prefieren verduras crudas a cocidas. Favoritos son: zanahorias, apio, pimientos/ajíes rojos, calabacines, coliflor y bróculi.
- Crea combinaciones con aspecto bonito, por ejemplo, rodajas de zanahoria y chícharos/ guisantes verdes. O combine granos de maíz fresco con trocitos de pimientos/ajíes rojos y verdes.
- Permita a sus hijos usar el utensilio que corta y forma bolas de frutas. Les encantará preparar su propio postre, formando bolas de melón cantalupo, melón verde o sandías y añadiendo una cucharada de yogur congelado de poca grasa.
- Las cosas se ponen interesantes cuando se combinan frutas de diferentes sabores y colores, por ejemplo, uvas rojas con trozos de piña.
- Para variar, coloque las secciones de toronjas y naranjas en forma de abanico.
- Deje que sus hijos decoren papas al horno con aderezos de verduras, coloquen trozos de frutas en pinchos/brochetas, corten pizzas o panqueques/hotcakes en forma de un animal o formen caras con los cereales.

Adaptado de materiales de "*Texas 5 a day week*", el Programa de Carolina del Norte de Educación y Capacitación Sobre la Nutrición, la División de Salud Pública de Carolina del Norte – Rama de Servicios de Nutrición y del Departamento de Salud Pública del Condado de Westchester.

Vary Your Veggies

Focus on Fruits and Vary Your Veggies

12 Delicious, Easy Ways to Enjoy Veggies

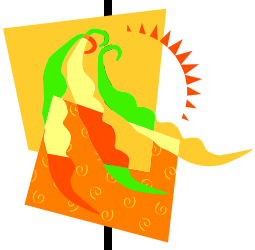
From a health standpoint, veggies are a five-star food group: naturally nutrient-rich; better tasting than a vitamin pill; low in calories and fat; cholesterol-free and packed with disease-fighting phytonutrients. Here are a dozen daily ways to treat yourself to good health!

1. **Broccoli and cauliflower:** Versatile and very healthful – eat them raw (with dip if you like) or cooked, in a salad or even a slaw.
2. **Carrots:** Sweet, crunchy, good for your teeth, eyes and heart! Perfect raw (as a snack or salad) or cooked in a stew.
3. **Peppers:** Green, red, yellow, orange or even purple! Enjoy peppers in a salad, stir-fry, casserole or as a snack.
4. **Spinach:** A salad of baby spinach leaves with pears or apples can turn anyone into a real spinach lover.
5. **Onions:** The zesty onion family (scallions, leeks and garlic, too!) offer some powerful antioxidant nutrients.
6. **Peas:** Fresh, frozen or even canned, peas are a treat to eat and they are very popular with small children.
7. **Beets:** If you've never liked beets, try them in a new way – like roasted, grilled or lightly steamed in the microwave.
8. **Sweet potatoes and yams:** Switch the color of your usual baked potato and you'll get a lot more nutrients, along with great taste.
9. **Mushrooms:** Just a mushroom or two adds rich flavor to a casserole, soup, stew, stir-fry or even a tossed green salad.
10. **Leaf and romaine lettuce:** Rule of thumb for a healthy salad – the darker the green or the red of the lettuce leaves, the more nutrients you get.
11. **Green, yellow or purple beans:** Like their pea 'cousins', beans offer some fiber and a little bit of protein, along with vitamins and minerals.
12. **Tomatoes:** Cooking increases the availability of some tomato nutrients – so enjoy canned sauce, paste and chunks.

National Nutrition Month® - March 2005; Adapted by the NC NET Program from Eat Right Montana materials

Varíe las verduas

Piense en las frutas y varíe las verduras



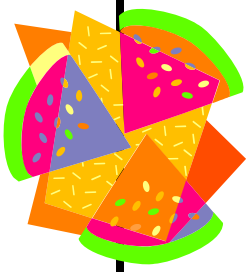
12 maneras deliciosas y fáciles de disfrutar de las verduras

Desde el punto de vista de la salud, las verduras son el grupo alimenticio de cinco estrellas: naturalmente ricas en nutrientes; con mejor sabor que una píldora vitamínica; de pocas calorías y grasa; sin colesterol y llenas de fitonutrientes que batallan las enfermedades. Aquí ofrecemos una docena de maneras para que usted se dé el buen gusto de la buena salud.

1. **Bróculi y coliflor:** Versátil y muy saludable – cómalos crudos (con alguna salsa para untar, si desea) o cocidos o en una ensalada.
2. **Zanahorias:** Dulces, crujientes ¡buenas para los dientes, los ojos y el corazón! Son perfectas crudas (como refrigerio o en ensalada) o cocidas en un guisado.
3. **Pimientos/chiles:** Verdes, rojos, amarillos, anaranjados o violetas. Gócelos en una ensalada, fritos o en un estofado o como refrigerio.
4. **Espinaca:** Una ensalada de hojas pequeñas con peras o manzanas hará que todos se enamoren de la espinaca.
5. **Cebollas:** La maravillosa familia de las cebollas (cebolletas, escalonias, puerros y ajos) ofrece unos poderosos antioxidantes entre sus nutrientes.
6. **Guisantes/chícharos:** Frescos, congelados o enlatados, éstos son buenos para el paladar y populares con los niños pequeños.
7. **Remolachas:** Si nunca le han gustado las remolachas, pruébelos de una manera nueva – a la parrilla o al horno o ligeramente al vapor en el microondas.
8. **Camotes y batatas dulces:** Cambie el color de la papa al horno de siempre, obtendrá muchos más nutrientes, junto con un sabor delicioso.
9. **Hongos/champiñones:** Un hongo o dos añade mucho sabor a un guisado, a una sopa o a verduras fritas y también en una ensalada de lechuga.
10. **Lechugas:** Regla general para una ensalada saludable – cuanto más verdes o rojas sean las hojas, más nutrientes tendrán.
11. **Frijoles/judías verdes, amarillas o violetas:** Como sus “primos” los guisantes, los frijoles ofrecen algo de fibra, un poco de proteína y también vitaminas y minerales.
12. **Tomates:** La cocción aumenta la disponibilidad de algunos nutrientes de los tomates; por lo tanto, gócelos en salsas, extractos y enlatados.

National Nutrition Month® - Marzo de 2005: Adaptado por el Programa NC NET de los materiales de “Eat Right Montana”

Focus on Fruits



Focus on Fruits and Vary Your Veggies

12 Delicious, Easy Ways to Enjoy Fruit

Fruit is a double-sweet treat. It's a delicious treat for your taste buds and a nutrition treat for your whole body. Below are a dozen easy ways to treat yourself to good health and great taste!

1. **Berries, berries, berries:** Canned blueberries in muffins, dried cranberries in a salad, or fresh, juicy strawberries for dessert.
2. **Citrus fruit:** Oranges, pink and white grapefruit, tangerines, tangelos, clementines, lemons and limes.
3. **Melons and more melons:** Slices of watermelon, cantaloupe, honeydew or Crenshaw – in a fruit cup or for a sweet snack.
4. **Bananas:** Bananas, nature's fast food, come in their own wrapper – convenient to take in the car or eat at your desk.
5. **Kiwifruit:** Slice kiwifruit into a mixed fruit or fresh spinach salad or just scoop them out of their thin, brown peel.
6. **Pineapple:** One of the most versatile fruits, pineapple is perfect fresh, canned, dried, as juice or on a pizza!
7. **Tropical fruit:** Fresh produce departments and canned food aisles now serve up mangos, papaya and star fruit.
8. **Apples and pears:** A fresh, crisp snack, a juicy addition to green salad, and in a tasty pie, tart or cobbler for dessert.
9. **Summer tree fruit:** Nectarines, peaches and apricots are fabulous when fresh and still quite tasty when canned in their own juice.
10. **Plums and prunes:** Fresh plums are another juicy taste of summer. Dried or made into juice, prunes are very nice for regularity!
11. **Cherries and grapes:** Fresh or dried, cherries and grapes make a great snack or addition to salads (mixed fruit or tossed green).
12. **Trendy tomatoes:** Tomatoes are a fruit and now they come in sweet, fruit-shaped cherry, grape and strawberry varieties.

National Nutrition Month® - March 2005: Adapted by the NC NET Program from Eat Right Montana materials gust 2007

Piense en frutas

Piense en las frutas y varíe las verduras

12 maneras fáciles y deliciosas para gozar de las frutas

Las frutas son doblemente buenas – un manjar delicioso para su paladar y un gusto nutritivo para el cuerpo entero. Aquí ofrecemos 12 maneras de darse el gusto de la buena salud y del gran sabor.

1. ***Berries*, *berries* y más *berries*:** Frutas silvestres como los arándanos azules en panes dulces, arándanos rojos secos en ensaladas o fresas frescas y jugosas como postre.
2. **Frutas cítricas:** Naranjas, toronjas rosada y blanca, mandarinas, tangelos, clementinas, limones y limas.
3. **Melones y más melones:** Rodajas de sandía, melón cantalupo o verde o Crenshaw – en una taza o como un refrigerio dulce.
4. **Bananas:** Bananas, la comida rápida natural, viene con su propia envoltura – conveniente en el carro o para comer en el escritorio.
5. **Fruta kiwi:** Agregue frutas kiwi a una ensalada de frutas o de espinacas o sencillamente saque la pulpa de la piel marrón.
6. **Piña:** Una de las frutas más versátiles ¡la piña es perfecta fresca, enlatada, seca, como jugo o sobre la pizza!
7. **Fruta tropical:** Ya sea como fruta fresca o enlatada, se consiguen mangos, papayas y carambolas.
8. **Manzanas y peras:** Una comida rápida fresca y crujiente, una jugosa adición a una ensalada verde, en una tarta u otro pastel dulce.
9. **Frutas de verano:** Nectarinas, duraznos/melocotones y albaricoques/chabacanos son fabulosos frescos y enlatados en sus propios jugos.
10. **Ciruelas y ciruelas pasa:** Ciruelas frescas son otro deleite del verano. Secas o en jugo ¡ayudan con la regularidad!
11. **Cerezas y uvas:** Frescas o secas, cerezas y uvas se pueden comer solas o agregarlas a ensaladas (de frutas mixtas o lechugas verdes).
12. **Tomates:** Los tomates son una fruta y hoy en día vienen en muchas variedades y de muchos colores: en forma de cereza o uva o fresa.

National Nutrition Month® - Marzo de 2005: Adaptado por el Programa NC NET de los materiales de "Eat Right Montana"

Smart Shopping for Fruits and Veggies

Focus on Fruits and Vary Your Veggies

Fruits and vegetables might seem expensive at first glance. However, you might be surprised to know that many fruits and veggies do not cost that much when you think about two things. First, the price per pound is often low compared to less healthy items. Second, the number of meals and snacks you can get out of that pound might amaze you. Below are some tips on how to buy a variety of high-quality fruits and veggies without breaking the bank!

Buy in Season

- Seasonal fruits and veggies are cheaper. They also taste great!
- Farmers' Markets have produce that is always in season. Often, you can taste the product before buying it. Make it an adventure for the entire family. Support local farms! To find one in your area, go to http://www.ams.usda.gov/farmersmarkets/States/NorthCarolina.htm. Or, you can call (919) 733-7887 to speak with your State Farmers' Market Representative.

Buy on Sale

- Clip or print on-line store coupons for your favorite fruits, veggies and juices.
- Watch local grocery advertisements for reduced prices.
- Tour the produce aisle. Look for good buys, which are often highlighted.
- Compare prices of different brands of canned and frozen fruits, veggies and juices. Buy the cheapest.

Buy in Cans or Frozen

- If you don't shop often, you can buy both fresh and processed fruits and veggies. Use the fresh first and save the canned and frozen items for later. This will help avoid the cost of throwing away spoiled produce.
- To reduce calories and salt, wash away syrup from canned fruit and sodium from canned veggies. Simply rinse them under cold water for a minute or two. Or, look for canned fruit packed in its own juice and low-sodium canned veggies.
- Usually, frozen veggies and fruits do not have the sodium or syrup that canned ones have. Avoid those with sauces or other high-calorie, high-fat and high-sodium additions.

FOOD FOR THOUGHT

Let's say you are shopping for apricots…

- 1 pound canned apricots = 4 servings
- 1 pound fresh apricots = 6 servings
- 1 pound dried apricots = 11 servings!

At a glance, dried apricots might seem more expensive because the other varieties cost a dollar or so less. The dried apricots, however, are actually the best way to stretch your dollar.

Buy and Keep Ready-to-eat

- Buy both ripe and not-so-ripe fresh fruits and veggies (for example, yellow and green bananas). The not-so-ripe items will last a few days longer. Eat them after you've finished the ripe ones.
- Keep your fresh fruits and veggies where you can see them often. Try storing them on the top shelf of the refrigerator. Or, for fruits that don't need refrigeration, place them on the table or counter. The more often you see them, the more likely you may be to eat them and not let them spoil.

Buy When You Are On-the-Go

Vending Machines

Single fruits and veggies make for a quick snack that is usually easier on your wallet than buying high-calorie, high-fat vending machine snacks. You could save a lot by stopping by the grocery store for an apple or a small bag of carrots, for example. Check out the following cost comparisons:

Apple = $0.50	**Cookie = $2.00**
Orange juice = $1.25	**Soda = $1.50**
Carrots = $0.75	**Chips = $1.25**
Banana = $ 0.30	**Candy bar = $1.00**

Fast Food

Adding healthy items to the menu is what's hot in the fast food industry. Today, you can purchase fruit and yogurt parfaits, fruit bags, applesauce, garden salads, coleslaw and 100% juices in some popular fast-food restaurants. These healthy selections can be found for the same price as less healthy items such as French fries and sodas. If we demand it, the fast-food industry will continue to make more healthy fast foods available!

Sources:
1. U.S. FDA. Kurtzweil, Paula. Fruits and Vegetables: Eating Your Way to 5 A Day at http://www.pueblo.gsa.gov/cic_text/food/eating5-aday/297_five.html. Accessed May 2, 2006.
2. American Heart Association's Virtual Snack Machine at http://www.americanheart.org/presenter.jhtml?identifier=3025842. Accessed May 2, 2006.

Compre frutas y verduras económicamente

Piense en las frutas y varíe las verduras

A primera vista, quizás parezca que las frutas y verduras son caras. No obstante, quizás se sorprenda que muchas frutas y verduras no cuestan tanto cuando se piensa en dos cosas. Primero, el precio por libra es generalmente barato comparado con productos menos saludables. Segundo, es realmente sorprendente la cantidad de comidas o refrigerios que se pueden sacar de sólo una libra. A continuación verá algunos consejos sobre cómo comprar una variedad de frutas y verduras de alta calidad ¡sin declararse en bancarrota!

Compre lo que está de temporada

- Frutas y verduras de temporada son más baratas. ¡Además tienen más sabor!
- Los mercados de agricultores siempre tienen productos de temporada. Muchas veces, la dejarán probar un poco antes de comprar. Hágalo todo una aventura para la familia entera. ¡Apoye a sus huertas locales! Para encontrar una en su zona, diríjase a http://www.ams.usda.gov/farmersmarkets/States/North Carolina.htm. O, puede llamar al (919) 733-7887 (sólo en inglés) para hablar con el representante estatal de los mercados de agricultores.

Compre lo que está en liquidación

- Recorte o imprima los cupones expedidos en línea por las tiendas para sus frutas, verduras y jugos favoritos.
- Fíjese en los avisos de liquidaciones de las tiendas locales.
- Dé una vuelta por las secciones de frutas y verduras del supermercado. Fíjese cuáles están en liquidación, muchas veces tienen letreritos especiales.
- Compare los precios de diferentes marcas de frutas, verduras y jugos tanto enlatados como congelados. Compre los más baratos.

Compre frutas y verduras enlatadas o congeladas

- Si no compra a menudo, puede comprar productos frescos y procesados. Use los frescos primero y guarde los enlatados o congelados para más adelante. Así no tiene que botar productos frescos que se han echado a perder.
- Para reducir las calorías y la sal, elimine el jarabe de la fruta enlatada y el sodio de las verduras enlatadas lavándolas bien. Enjuáguelas bajo agua fría un minuto o dos. O busque frutas enlatadas en sus propios jugos y verduras enlatadas con poca sal.
- Generalmente, las verduras y frutas congeladas no tienen el sodio o el jarabe de las enlatadas. Evite aquellas que vienen con salsas o que son ricas en calorías y sodio o ricas en grasa.

Nebraska Fresh Fruit and Vegetable Program
Adapted from North Carolina

REFLEXIONE ...

Digamos que está comprando albaricoques/ chabacanos…

1 libra, enlatados = 4 porciones

1 libra, frescos = 6 porciones

1 libra, desecados = 11 porciones

A simple vista los albaricoques desecados parecen ser más caros porque otras variedades cuestan aproximadamente un dólar menos. Sin embargo, el producto seco es la mejor manera de estirar su dinero.

Compre y guarde productos listos para comer

- Compre frutas y verduras frescas maduras y no tan maduras (p.ej., bananas amarillas y verdes). Las no tan maduras durarán unos días más. Cómalas después de terminar las bananas maduras.
- Guarde sus frutas y verduras frescas donde las pueda ver fácilmente. Colóquelas en la repisa superior del refrigerador. O para frutas que no necesitan refrigeración, colóquelas en la encimera o en la mesa. Cuanto más las ve, más ganas tendrá de comerlas y así no se echarán a perder.

Cómprelas cuando anda a las carreras

Máquinas de ventas

Una fruta o verdura es un buen refrigerio que generalmente es más económica que los productos ricos en calorías y grasa de las máquinas de ventas de comidas. Usted puede ahorrar bastante si para en una tienda a comprar una manzana o una pequeña bolsa de zanahorias. Haga las siguientes comparaciones:

Manzana = $0.50	**Galletitas = $2.00**
Jugo de naranja = $1.25	**Bebida gaseosa = $1.50**
Zanahorias = $0.75	**Papitas fritas = $1.25**
Bananas = $ 0.30	**Barra de chocolate = $1.00**

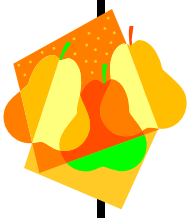
Comidas rápidas

Lo último de la industria de las comidas rápidas es añadir comidas saludables al menú. Hoy en día puede comprar frutas y un parfait de yogur, bolsas de frutas, puré de manzanas, ensaladas de gran variedad y jugos 100% de frutas en algunos restaurantes populares de comidas rápidas. Estas selecciones saludables se encuentran al mismo precio que las menos saludables, por ejemplo, papas fritas a la francesa y bebidas gaseosas. Si le insistimos, la industria de las comidas rápidas continuará poniendo a nuestro alcance comidas rápidas más saludables.

Fuentes:
1. U.S. FDA. Kurtzweil, Paula. Fruits and Vegetables: Eating Your Way to 5 A Day at http://www.pueblo.gsa.gov/cic_text/food/eating5-aday/297_five.html. Accessed May 2, 2006.
2. American Heart Association's Virtual Snack Machine at http://www.americanheart.org/presenter.jhtml?identifier=3025842. Accessed May 2, 2006.

Buy It Fresh, Keep It Fresh

Focus on Fruits and Vary Your Veggies



At the Store: Buying Tips

Apples:
Choose firm apples with smooth clean skin, bright Colors, and no bruises or soft spots.

Bananas:
Look for bananas that are not under-ripe or over-ripe. 50% green and 50% yellow is just right.

Broccoli:
Florets should be compact dark green or purple-green in color, with tender, moist stems.

Cantaloupe:
Buy melons that are well-rounded with a small "scar" at stem end. Seeds should rattle slightly.

Tomatoes:
Pick tomatoes that have a bright color, firm flesh, shiny skin, and feel heavy in relation to their size.

Peppers:
Buy brightly colored peppers with firm, thick walls. Avoid shriveled or pitted skin.

Pears:
Look for firm, smooth fruit without soft spots or bruising.

At Home: Care and Storage

Apples:
Can be stored for up to 4 weeks in the refrigerator. At room temperature, they will ripen 10 times as fast.

Bananas:
Ideal "holding" temperature is about 58° F. They ripen more quickly at higher temperatures.

Broccoli:
Best if used within 10-14 days of purchase. For best results, store in coldest part of the refrigerator.

Cantaloupe:
Handle carefully to avoid bruising, cracking, or puncturing. Store at 45-50° F for best results.

Tomatoes:
Leave in a warm, dry place with no direct sun. Handle with care. They ripen best at room temperature.

Peppers:
If stored in the vegetable bin of the refrigerator, they will last for 8-10 days.

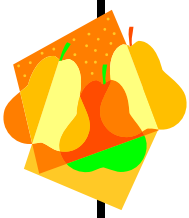
Pears:
Allow to ripen at room temperature until they smell sweet and yield to gentle pressure with a finger.

Source: NC Division of Public Health
Nutrition Services Branch, 2004

Nebraska Fresh Fruit and Vegetable Program
Adapted from North Carolina

Cómprelas frescas y manténgalas frescas

Piense en las frutas y varíe las verduras



En la tienda: Cómo comprar

Manzanas:
Seleccione manzanas firmes con pieles lisas y limpias, de colores brillantes y sin manchas ni moretones.

Bananas/plátanos:
Seleccione bananas ni muy maduras ni muy verdes. Lo ideal es 50% verdes y 50% amarillas.

Bróculi:
Las cabezuelas deben ser compactas, de color verde oscuro o verde violáceo, con tallos húmedos y tiernos.

Melón cantalupo:
Compre melones bien redondos con una pequeña “cicatriz” en el extremo del tallo. Las semillas deben hacer un poquito de ruido.

Tomates:
Seleccione tomates de color brillante, con pulpa firme, piel brillosa y los que son pesados en relación a su tamaño.

Pimientos/chiles:
Compre chiles de color brillante, con paredes firmes y gruesas. Evite los que tienen piel arrugada o picada.

Peras:
Seleccione fruta firme con piel lisa, sin manchas ni moretones.

En la casa: Cuidado y almacenamiento

Manzanas:
Se pueden guardar en el refrigerador hasta por 4 semanas. A temperatura ambiente, madurarán muchísimo más rápido.

Bananas/plátanos:
La temperatura ideal para guardarlas es de unos 58° F (14° C). A temperaturas más altas, maduran más rápido.

Bróculi:
Mejor si se usa dentro de 10 a 14 días de comprar. Para mejores resultados, guarde en la parte más fría del refrigerador.

Melón cantalupo:
Trate con cuidado para que no se abolle, agriete o agujere. Guarde a 45-50° F (7° a 10° C) para los mejores resultados.

Tomates:
Déjelos en un lugar seco y cálido sin luz solar directa. Trate con cuidado. Maduran mejor a temperatura ambiente.

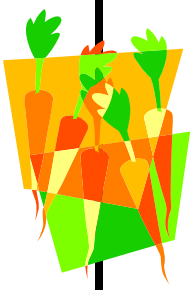
Pimientos/chiles:
Durarán de 8 a 10 días, si se guardan en la gaveta de verduras del refrigerador.

Peras:
Deje madurar a temperatura ambiente hasta que tienen aroma y ceden a la leve presión del dedo.

Fuente: División de Salud Pública de Carolina del Norte, Rama de Servicios de Nutrición, 2004.

Easy Ways to Fix Fruits and Veggies

Focus on Fruits and Vary Your Veggies



"I know they are healthy, but they just take too long to fix." Ever had this thought about fruits and vegetables? Below are some tips to make it easier!

Smart Shopping

- Shop for pre-cut and cleaned fruits and veggies. Look for melons, pineapple, mushrooms, and baby carrots. Try cleaned and cut-up salad greens and stir-fry veggies.
- Take advantage of grocery store salad bars, which offer ready-to-eat raw veggies and fruits. Try prepared salads made with fruits and veggies.
- Stock up on frozen veggies for easy cooking in the microwave oven.
- Buy canned and frozen fruit, canned and bottled juices, and dried fruits. Just open and use.

Plan Ahead

- Fix fruits and veggies ahead of time. Wash and cut up fresh produce and store it in the refrigerator for handy, instant use. The easier the access, the more likely children are to eat them.
- Have your child help prepare. Depending on your child's age, he or she can ball melons, sprinkle raisins or blueberries on cereal or yogurt, and grate carrots. Children get excited about being involved!

Quick Cooking

- Microwaving is a fast way to cook almost any veggie. Use precut fresh, frozen or canned veggies. Place a few tablespoons of water in the bottom of a ceramic dish, cover and heat.
- Steaming is another speedy way to cook veggies. Simply clean, cut and put veggies over a couple inches of boiling water. You can find steamers at most grocery stores for a few dollars.
- Stir-frying veggies is a snap. Use precut fresh or frozen veggies. Add a small amount of a healthy oil such as canola or olive oil if you like.
- Serve many fruits and veggies raw. What could be quicker? Children often prefer the crunch of raw veggies.

Nebraska Fresh Fruit and Vegetable Program
Adapted from North Carolina

What about pesticides?

The benefits of eating fresh produce are far greater than risk from pesticides. Here are some steps you can take to reduce your risk: 1) Wash fruits and veggies with water. Scrub with a dish brush any produce for which the outer skin or peeling is eaten. 2) Throw away the outer leaves of leafy veggies. 3) Peel and cook when appropriate.

Fresh Strategies

Breakfast and Baked Goods

- Add sliced fruit or berries to your breakfast cereal.
- Use applesauce, bananas, prunes or peaches in place of about half of the fat in your homemade breads, muffins, pancakes and other baked foods.

Lunch and Dinner

- Use fresh or frozen veggies in your soups, stews and rice dishes.
- Add chopped, fresh veggies such as broccoli and red peppers to homemade or store-bought pizza.
- Buy large bags of frozen mixed veggies and use them to make an easy stir-fry dinner.
- Place slices of tomato inside grilled cheese sandwiches or quesadillas.
- Add chopped carrots or zucchini to homemade or store-bought spaghetti sauce.
- Add diced apples, raisins or pineapple chunks to chicken, tuna or pasta salad.
- Decorate baked potatoes with veggie toppings such as broccoli florets, cauliflower, asparagus, or red or green peppers.
- Make a fruit pizza. Spread low-fat cream cheese onto a baked pizza crust. Add pineapple chunks with green pepper slices for a Hawaiian touch. Make a tropical pizza using kiwi slices, bananas, pineapple and mandarin oranges.

Desserts

- Make a 1-minute banana split. Cut a banana lengthwise and place into a dish. Fill with a scoop of low-fat vanilla or lemon frozen yogurt. Top with frozen strawberries and canned crushed pineapple.
- Apples baked with brown sugar and cinnamon are a great way to end a meal.
- Dip chunks of fruit into low-fat yogurt or chocolate pudding.
- Spice things up by trying more exotic fruits such as mangoes, lychees and papayas.

Snacks

- Set a bowl of apples on the table. Place a bag of ready-to-eat baby carrots in the refrigerator for easy munching.
- Make a quick smoothie using frozen fruit. Just add low-fat yogurt, milk or both.
- Make “Ants on a Log” using celery sticks spread with peanut butter or low-fat cream cheese. Top with raisins.
- Create melon balls using a melon baller or small spoon. Top with low-fat yogurt.
- Make fruit kabobs by threading kiwi, melon balls and apple slices onto a skewer.
- Make trail mix with unsweetened cereal, pretzels, and dried fruit such as raisins, cranberries and apricots.
- Add a side of tasty dip or dressing to raw fruits or veggies. Try lite sour cream or low-fat ranch dressing, cottage cheese or yogurt.
- Plan to bring fruits like bananas or oranges for a quick snack on-the-go.

Adapted from materials from Texas 5 A Day Week materials, the NC Nutrition Education and Training Program, the NC Division of Public Health -Nutrition Services Branch, the Westchester County Department of Public Health, UW-Extension, and the U.S. Food & Drug Administration.

Preparación fácil de frutas y verduras

Piense en las frutas y varíe las verduras

"Sé que son sanas, pero la preparación tarda tanto." ¿Ha pensado así de las frutas y verduras? A continuación ofrecemos unas ideas para que le sea más fácil.

Compre lo que le ayuda

- Compre frutas y verduras ya cortadas y limpias. Seleccione melones, piñas, hongos y minizanahorias. Pruebe lechugas ya lavadas y cortadas, así como verduras preparadas para freír.
- Aproveche el "buffet de ensaladas" de los supermercados que ofrecen frutas y verduras crudas listas para comer.
- Compre verduras congeladas para la fácil preparación en el microondas.
- Compre fruta enlatada y congelada, jugos enlatados y en botella y frutas secas. Así sólo tiene que abrirlas y nada más.

Haga planes con anticipación

- Prepare frutas y verduras con anticipación. Lávelas, córtelas y guárdelas en el refrigerador para uso inmediato. Si les facilita el acceso a sus hijos, ellos comerán más frutas y verduras.
- Pida a sus hijos que le ayuden. Dependiendo de la edad, pueden cortar bolas de melón, colocar pasas de uva o arándanos azules en los cereales o en el yogur o rallar zanahorias. ¡Entusiasme a sus hijos para que participen en la preparación!

Cocción rápida

- El microondas es la manera más rápida de cocinar casi toda verdura. Use verduras ya cortadas, frescas, congeladas o enlatadas. Póngale unas pocas cucharadas de agua en el fondo de un recipiente de cerámica, cúbralo y caliente.
- Otra manera rápida de cocinar verduras es al vapor. Limpie, corte y ponga las verduras en unos centímetros de agua hirviendo. Encontrará vaporeras en muchos supermercados por unos pocos dólares.
- Es rapidísimo freír verduras revolviéndolas. Use verduras frescas, congeladas y ya cortadas. Añada una pequeña cantidad de un aceite sano, como aceite de canola o de oliva, si desea.
- Sirva muchas frutas y verduras crudas. ¡Más rápido imposible! Niños casi siempre prefieren el crujido de las verduras crudas.

Nebraska Fresh Fruit and Vegetable Program
Adapted from North Carolina

¿Existen riesgos debido a pesticidas?

Los beneficios de comer frutas y verduras frescas mucho superan el riesgo de un pesticida. He aquí unas medidas que puede tomar para reducir el riesgo: 1) Lave frutas y verduras con agua. Frote con un cepillo toda fruta o verdura que se come con la piel o cáscara. 2) Descarte las hojas exteriores de las verduras de hoja. 3) Pele y cocine cuando sea apropiado.

Estrategias para la frescura de las frutas y verduras

Desayuno y productos horneados

- Añada rebanadas de frutas o bayas a los cereales del desayuno.
- Use puré de manzanas, bananas, ciruelas pasa o duraznos/melocotones en vez de la mitad de la grasa en los panes, panqueques/hotcakes y demás productos horneados que usted cocina.

Almuerzo y cena

- Use verduras frescas o congeladas en las sopas, guisados y platos de arroz que usted prepara.
- Añada verduras frescas picadas, como bróculi y pimientos/chiles a las pizzas hechas en casa o compradas.
- Compre bolsas grandes de verduras mixtas congeladas y úselas para freír verduras para la cena.
- Agregue rodajas de tomate a los sandwiches calientes de queso o en quesadillas.
- Añada zanahorias o calabacines picados a una salsa de tomates para espaguetis, casero o comprado.
- Añada manzanas picadas, pasas de uva o trozos de piña a ensaladas de pollo, atún o pasta.
- Decore las papas al horno con aderezos de verduras, como cabezuelas de bróculi o coliflor, trozos de espárragos o pimientos/chiles rojos y verdes.
- Prepare una pizza con frutas. Ponga queso cremoso de poca grasa sobre la masa ya cocida de una pizza. Añada trozos de piña con pimientos verdes para un toque hawaiano. Prepare una pizza tropical con rodajas de frutas kiwi y bananas, mandarinas y trozos de piña.

Postres

- Corte una banana a lo largo y colóquela en un tazón. Llene con yogur congelado de poca grasa de vainilla o de limón. Y encima, colóquele fresas congeladas y trocitos de piña enlatada.
- Manzanas al horno con azúcar moreno y canela dan un toque final maravilloso a una comida.
- Unte trozos de fruta con yogur de poca grasa o en un pudín de chocolate.
- Pruebe frutas más exóticas como mangos, papayas o lichí.

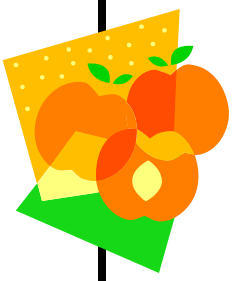
Refrigerios

- Coloque una fuente con manzanas en la mesa. Coloque una bolsa de minizanahorias listas para comer en el refrigerador.
- Haga un licuado natural rápido con frutas congeladas. Añada yogur de poca grasa, leche o ambos.
- Coloque mantequilla de maní/cacahuates o queso cremoso de poca grasa dentro de tallos de apio. Encima, colóquele pasas de uva – los niños le dicen “hormigas en un tronco”.
- Con un cortador o cucharita corte bolas de melón. Encima, colóquele yogur de poca grasa.
- Prepare frutas en brochetas/pinchos. Use frutas kiwi, melón y manzanas en trozos.
- Prepara una mezcla seca de cereales sin azúcar, pretzels y frutas secas como pasas de uva, arándanos rojos y damascos/albaricoques.
- Prepare un aderezo o una salsa sabrosa para las frutas o verduras crudas. Pruebe crema agria o aderezo “Ranch” o yogur o queso cremoso, todos de poca grasa.
- Lleve bananas o naranjas para un refrigerio rápido cuando anda fuera de la casa.

Adaptado de materiales de “*Texas 5 a day week*”, el Programa de Carolina del Norte de educación y capacitación sobre la nutrición, la División de Salud Pública de Carolina del Norte – Rama de Servicios de Nutrición, el Departamento de Salud Pública del Condado de Westchester, UW-Extension Service y la Administración de Alimentos y Drogas de Estados Unidos (FDA).

Learning about Fruits and Veggies

Focus on Fruits and Vary Your Veggies



Food makes a very tasty teaching tool. As a parent or caregiver, you are your child's most important teacher. You know more about your child than anyone. You know that most children like to learn about new things and talk about the world around them.

You can use fruits and vegetables to help kids learn new skills and ideas about nutrition, health and the world around them. Try these fun ideas for "teachable" moments with your family at home and at the store.

How Foods Help Kids Stay Healthy

- Talk about how fruits and veggies help kids grow and be healthy. An apple a day can really help keep the doctor away.
- Talk about how munching on carrots can help you see in the dark.

Compare and Classify

- Compare the size, color, feel, smell or taste of one fruit to another – like apples and oranges.
- Talk about the size of fruits and veggies – from gigantic pumpkins, to medium-sized pears, to tiny little blueberries.

Alike and Different

- Check out all the ways that oranges, grapefruit, lemons and limes are alike and all the ways that they are different.
- Discuss the different ways the same fruit can be eaten. For example, apple slices, apple juice, applesauce, dried apples and apple pie.

Colors and Shapes

- Point out fruits and veggies that can be red (like potatoes, tomatoes and grapes) or green (like peas, lettuce and cabbage).
- Look for round items (like grapes, melons and kiwis) or tall skinny ones (like carrots, celery and asparagus).

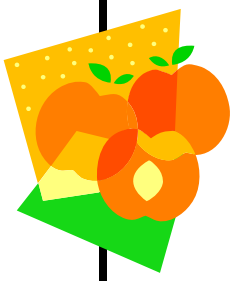
Numbers and Counting

- Count the number of apples put into a bag at the store or count the number of peas in a pod.
- Count how many baby carrots eaten like a bunny or how many banana slices eaten like a monkey.

Source: NC Division of Public Health
Nutrition Services Branch, 2004 7

Aprenda sobre frutas y verduras

Piense en frutas y varíe las verduras



Los alimentos son un delicioso método de enseñanza. Como padre/madre o persona que cuida a niños, usted es la maestra más importante que tienen. Usted sabe más sobre sus niños que cualquier otra persona. Usted sabe que a casi todos los niños les encanta aprender cosas nuevas y hablar del mundo que los rodea.

Usted puede usar frutas y verduras para que los niños aprendan pericias nuevas e ideas sobre la nutrición, la salud y el mundo que los rodea. Pruebe una de estas ideas en su hogar o en la tienda para proporcionarles unos “momentos de enseñanza”.

Lo saludable que son los alimentos

- Explique como las frutas y verduras hacen crecer a los niños y ayudan a que sigan sanos. El refrán de a diario una manzana es cosa sana ¡sí es verdad!
- Explique como el comer zanahorias ayuda la vista en la oscuridad.

Compare y clasifique

- Compare el tamaño, color, sensación, olor y gusto de una fruta con otra – p.ej., manzanas y naranjas.
- Hable del tamaño de frutas y verduras – las gigantescas calabazas, las peras medianas y los pequeños arándanos azules.

Semejanzas y diferencias

- Indique todas las maneras en que las naranjas, toronjas, limones y limas son semejantes y todas las maneras en que son diferentes.
- Hable de las diferentes maneras en que se puede preparar una sola fruta. Por ejemplo, tajadas de manzana, jugo de manzanas, puré de manzanas, manzanas deshidratadas, manzana al horno y un pai o pastel de manzanas.

Colores y formas

- Indique frutas y verduras que son rojas (papas, tomates y uvas) o verdes (guisantes, lechuga y col).
- Busque las que son redondas (uvas, melones y fruta kiwi) o largas y delgadas (zanahorias, apio y espárragos)

Números y el contar

- Cuente el número de manzanas en una bolsa en la tienda o cuente el número de guisantes/chícharos en una vaina.
- Cuente el número de minizanahorias que se comen como un conejito o las rodajas de banana se comen como un monito.

Fuente: División de Salud Pública de Carolina del Norte, Oficina de Servicios de Nutrición, 2004

Fruit and Veggies On-the-Go

Focus on Fruits and Vary Your Veggies

For your on-the-go lifestyle, fruits and veggies are not only convenient, they're great tasting and good for you!

No Mess

Most fruits and vegetables are the perfect commuting foods because they create little or no garbage. For example, try 100% juice boxes or bottles instead of soda, sweet tea or coffee; pack a snack of seedless grapes; or bring along apple slices for the road.

Ready to Go

Wash vegetables and fruits as soon as you get them home from the store and place them where you can see them — like in a bowl on the counter or in plastic containers in the refrigerator. Grab a few on your way out in the morning. There's no need for utensils!

Travel Friendly

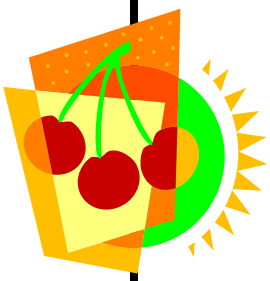
For a quick snack and energy boost, keep assorted dried fruits in your desk, glove compartment, briefcase, travel bag or backpack. Dried fruits are lightweight and keep their quality for longer periods of time, making them great travel foods.

Nature's Original Fast Food

The possibilities are endless! Give these a try…

Baby carrots	Apple slices
Celery sticks	Boxed raisins
Dried apricots	Cherry tomatoes
Broccoli florets	Cucumber slices
Seedless grapes	Packaged 100% juice

Frutas y verduras a las carreras



Piense en las frutas y varíe las verduras

Para un estilo de vida a las carreras, las frutas y verduras son convenientes y de buen sabor ¡y además son buenos para la salud!

Sin desechos

Casi todas las frutas y verduras son perfectas para comer a las carreras porque casi no crean desechos. Por ejemplo, use cajas o botellas de jugos 100% de fruta en vez de bebidas gaseosas, té o café; lleve uvas sin semillas o rebanadas de manzana para cuando anda dando vueltas.

Listas y preparadas

Lave frutas y verduras en cuanto las traiga de la tienda a la casa y colóquelas donde las puede ver – en la encimera o en recipientes de plástico en el refrigerador. Llévese algunas cuando salga en la mañana. ¡No necesitará cubiertos!

Viaje cómodo

Para un rápido refuerzo de energía, guarde varias frutas secas en su escritorio, automóvil, portafolio, mochila o equipaje. Frutas secas son livianas y mantienen su calidad por mucho tiempo, lo cual las hacen alimentos excelentes para viajar.

La comida rápida original de la Naturaleza

¡Hay un sinfín de posibilidades! Pruebe éstos …

Minizanahorias	Rebanadas de manzana
Tallos de apio	Pasas de uva en cajetillas
Albaricoques secos	Tomates cereza
Cabezuelas de bróculi	Rodajas de pepino
Uvas sin semillas	Jugos 100% de fruta, en cajas

How to use fruits and vegetables to help manage your weight.

Department of Health and Human Services
Centers for Disease Control and Prevention

Fruits and vegetables are part of a well-balanced and healthy eating plan.

There are many different ways to lose or maintain a healthy weight. Using more fruits and vegetables along with whole grains and lean meats, nuts, and beans is a safe and healthy one. Helping control your weight is not the only benefit of eating more fruits and vegetables. Diets rich in fruits and vegetables may reduce the risk of some types of cancer and other chronic diseases. Fruits and vegetables also provide essential vitamins and minerals, fiber, and other substances that are important for good health.

To lose weight, you must eat fewer calories than your body uses.

There are many reasons why people eat more food than they need. Sometimes people eat to make themselves feel good. Others may eat because they are tired and want a "boost." This pamphlet does not cover these reasons for eating. We will give you tips for eating to satisfy basic hunger until you feel full and do not feel hungry.

This doesn't necessarily mean that you have to eat less food. You can create lower-calorie versions of some of your favorite dishes by substituting low-calorie fruits and vegetables in place of higher-calorie ingredients. The water and fiber in fruits and vegetables will add volume to your dishes, so you can eat the same amount of food with fewer calories. Most fruits and vegetables are naturally low in fat and calories and are filling.

As people become less active, their bodies need fewer calories. Even if you do not need to lose weight, you may still need to reduce calories simply to maintain your current weight.

Here are some simple ways to cut calories and eat fruits and vegetables throughout your day:

Breakfast: Start the Day Right.

- Substitute some spinach, onions, or mushrooms for one of the eggs or half of the cheese in your morning omelet. The vegetables will add volume and flavor to the dish with fewer calories than the egg or cheese.
- Cut back on the amount of cereal in your bowl to make room for some cut-up bananas, peaches, or strawberries. You can still eat a full bowl, but with fewer calories.

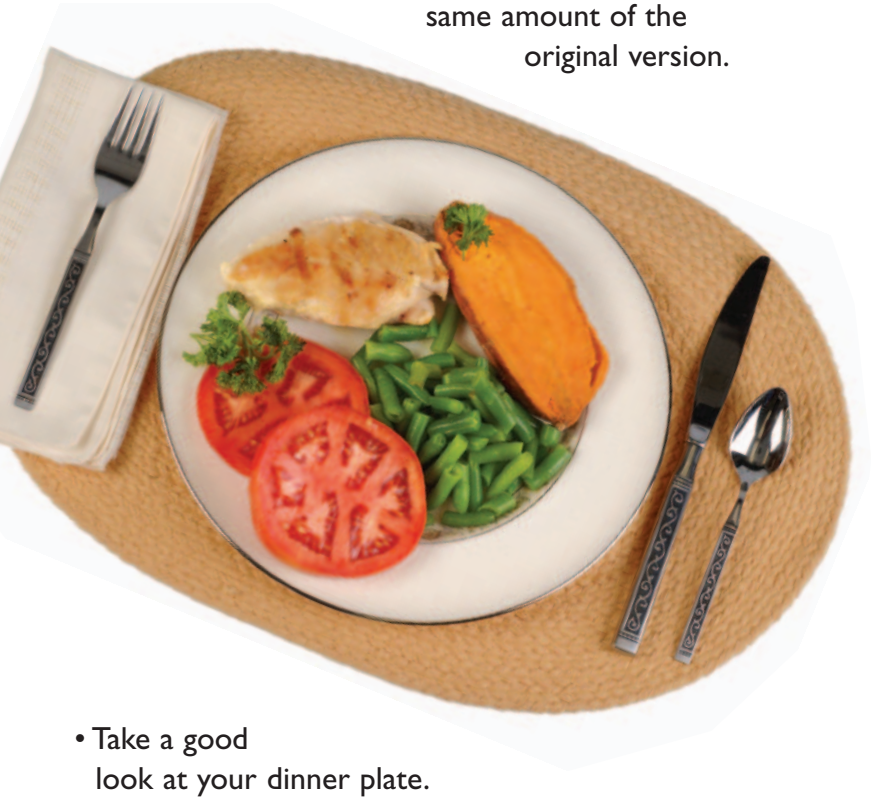
Lighten Up Your Lunch.

- Substitute vegetables such as lettuce, tomatoes, cucumbers, or onions for 2 ounces of the cheese and 2 ounces of the meat in your sandwich, wrap, or burrito.

  The new version will fill you up with fewer calories than the original.
- Add a cup of chopped vegetables, such as broccoli, carrots, beans, or red peppers, in place of 2 ounces of the meat or 1 cup of noodles in your favorite broth-based soup. The vegetables will help fill you up, so you won't miss those extra calories.

Dinner

- Add in 1 cup of chopped vegetables such as broccoli, tomatoes, squash, onions, or peppers, while removing 1 cup of the rice or pasta in your favorite dish. The dish with the vegetables will be just as satisfying but have fewer calories than the same amount of the original version.



- Take a good look at your dinner plate. Vegetables, fruit, and whole grains should take up the largest portion of your plate. If they do not, replace some of the meat, cheese, white pasta, or rice with legumes, steamed broccoli, asparagus, greens, or another favorite vegetable. This will reduce the total calories in your meal without reducing the amount of food you eat. BUT remember to use a normal- or small-size plate—not a platter. The total number of calories that you eat counts, even if a good proportion of them come from fruits and vegetables.

Smart Snacks

Most healthy eating plans allow for one or two small snacks a day. Choosing most fruits and vegetables will allow you to eat a snack with only 100 calories.

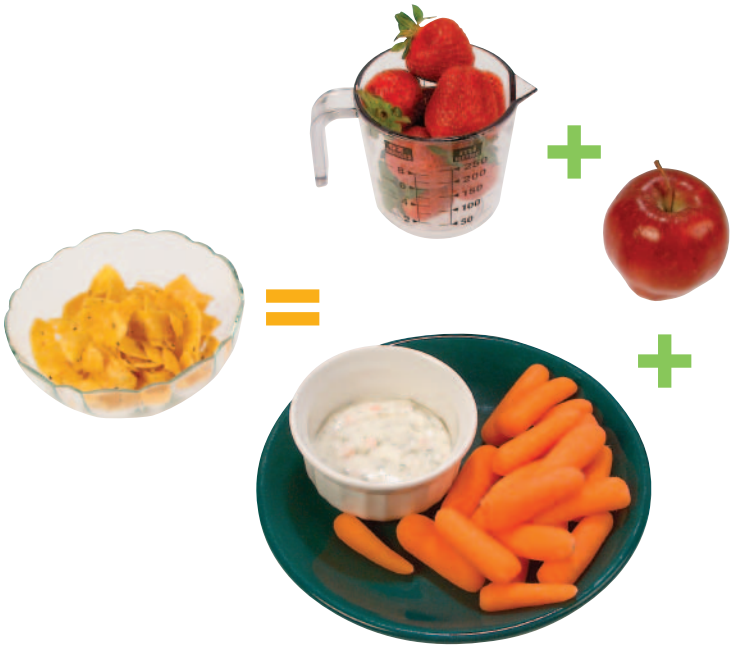
About 100 Calories or Less

- a medium-size apple (72 calories)
- a medium-size banana (105 calories)
- 1 cup steamed green beans (44 calories)
- 1 cup blueberries (83 calories)
- 1 cup grapes (100 calories)
- 1 cup carrots (45 calories), broccoli (30 calories), or bell peppers (30 calories) with 2 tbsp. hummus (46 calories)

The fruits and vegetables in the box above all have about 100 or fewer calories.

Instead of a high-calorie snack from a vending machine, bring some cut-up vegetables or fruit from home. One snack-sized bag of corn chips (1 ounce) has the same number of calories as a small apple, 1 cup of whole strawberries, AND 1 cup of carrots with 1/4 cup of low-calorie dip.

Substitute one or two of these options for the chips, and you will have a satisfying snack with fewer calories.



Remember: Substitution is the key.

It's true that fruits and vegetables are lower in calories than many other foods, but they do contain some calories. If you start eating fruits and vegetables in addition to what you usually eat, you are adding calories and may gain weight. **The key is substitution.** Eat fruits and vegetables *instead* of some other higher-calorie food.

Fruits and Vegetables for Weight Control

Eat fruits and vegetables the way nature provided—or with fat-free or low-fat cooking techniques.

Try steaming your vegetables, using low-calorie or low-fat dressings, and using herbs and spices to add flavor. Some cooking techniques, such as breading and frying, or using high-fat dressings or sauces will greatly increase the calories and fat in the dish. And eat your fruit raw to enjoy its natural sweetness.

Canned or frozen fruits and vegetables are good options when fresh produce is not available.

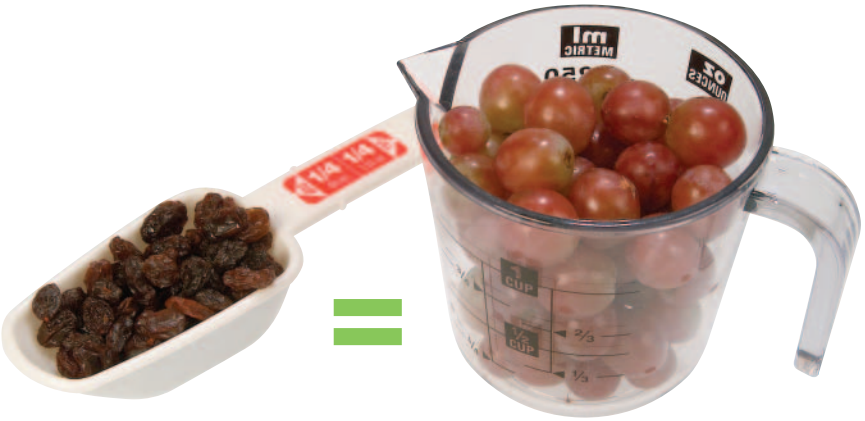
However, be careful to choose those without added sugar, syrup, cream sauces, or other ingredients that will add calories.

Choose whole fruit over fruit drinks and juices.

Fruit juices have lost fiber from the fruit. It is better to eat the whole fruit because it contains the added fiber that helps you feel full. One 6-ounce serving of orange juice has 85 calories, compared to just 65 calories in a medium orange.

Whole fruit gives you a bigger size snack than the same fruit dried—for the same number of calories.

A small box of raisins (1/4 cup) is about 100 calories. For the same number of calories, you can eat 1 cup of grapes.



Want More Information?

Check out these Web sites for more information about how fruits and vegetables can help you manage your weight:

Centers for Disease Control and Prevention:
www.cdc.gov/5aday

US Department of Agriculture, Center for Nutrition Policy and Practice:
www.usda.gov/cnpp

National Cancer Institute:
www.5aday.gov

Produce for Better Health Foundation:
www.5aday.org

www.healthierus.gov/dietaryguidelines

Focus on Fruits: Apples

How to Buy Apples

- Fresh apples are a “best buy” in fall and winter.
- Choose firm apples with smooth skins and no soft spots or bruises.
- Smaller apples are usually cheaper than and just as delicious as large apples.
- Applesauce and apple juice are “bargains” all year long.

How to Store Apples

- Put fresh apples in plastic bags and keep them in your refrigerator.
- Apples stay crisp in the refrigerator for up to 6 weeks. They ripen and turn soft six times faster at room temperature than when kept cold in the refrigerator.

Quick & Easy Tips

- Dip apples slices in orange juice to keep them from turning brown.
- Use applesauce or cooked apple slices on your pancakes, waffles or french toast instead of syrup.
- Add sliced or shredded apples to chicken salad, tuna salad or coleslaw.
- Dip apples slices in vanilla yogurt.
- Spread apples with peanut butter for an easy snack.
- Remove core of an apple, add a dash of cinnamon and some raisins, bake in microwave oven until tender.

Breakfast Recipe

Almost-instant Apple Oatmeal

1/2 cup diced apples (peeled)
2/3 cup water or apple juice
1/8 tsp. cinnamon
1/3 cup quick cooking oats
1 tbsp. brown sugar (optional)

Stovetop: Stir apples, juice or water and cinnamon together in a small pan bring to a boil. Stir oats and cook one minute. Cover and let stand 2 minutes before serving.
Microwave: Combine all ingredients and cook for 1-2 minutes. Add brown sugar if desired.

Makes 1 serving
165 calories, 2 grams fat per serving

Source: Wisconsin Nutrition Education Network

Piense en frutas: Manzanas

Cómo comprar manzanas

- En el otoño e invierno, las manzanas frescas son una “compra económica”.
- Seleccione manzanas firmes con pieles lisas, sin manchas ni moretones.
- Generalmente, las manzanas más pequeñas son más baratas y tan deliciosas como las grandes.
- El puré de manzanas y el jugo de manzanas son “gangas” todo el año.

Cómo almacenar manzanas

- Ponga las manzanas frescas en bolsas de plástico y guárdelas en el refrigerador.
- Se pueden guardar manzanas en el refrigerador hasta por 6 semanas. A temperatura ambiente maduran y se ponen blandas muchísimo más rápido que si están frías en el refrigerador.

Para algo rápido y fácil

- Remoje las rebanadas de manzana en jugo de naranja para que no se oxiden.
- Use puré de manzanas o rebanadas de manzanas cocidas en los panqueques/ hotcakes, waffles o torrijas, en vez de jarabe.
- Añada manzanas ralladas o en trozos a las ensaladas de pollo, de atún o de col.
- Unte rebanadas de manzana con yogur de vainilla.
- Para un refrigerio rápido, combine rebanadas de manzana con mantequilla de cacahuate/maní.
- Quite el corazón de una manzana y en el hueco, coloque una pizca de canela y pasas de uva; cocine al horno hasta que se ablande bien la manzana.

Receta para el desayuno

Avena casi instantánea con manzanas

1/2 taza de manzanas peladas y picadas
2/3 taza agua o jugo de manzanas
1/8 cucharadita de canela
1/3 taza avena de cocción rápida
1 cucharada de azúcar moreno (opcional)

En la estufa: Mezcle manzanas, jugo o agua y canela en una olla pequeña y revuelva hasta que hierve. Añada la avena y cocine un minuto. Tape la olla y deje reposar 2 minutos antes de servir.
Microondas: Combine todos los ingredientes y cocínelos 1 a 2 minutos. Añada el azúcar moreno, si desea.

Porción para 1 persona
165 calorías, 2 gramos de grasa por porción

Fuente: Wisconsin Nutrition Education Network

Focus on Fruits: Bananas

How to Buy Bananas

- Bananas are a “best buy” all year long.
- Look for bananas that are yellow with green tips, full yellow or yellow lightly flecked with brown spots.
- The more yellow the skin of the banana the sweeter it is. Bananas with brown flecks are even sweeter and have a softer texture.

How to Store Bananas

- Bananas should be stored at room temperature and will continue to ripen. If your bananas are too green, put them in a paper bag to ripen faster.
- If your bananas are getting too ripe put them in the freezer. They’ll turn brown and soft when you thaw them out perfect for making banana bread.

Quick & Easy Tips

- Add sliced bananas too hot or cold cereal.
- Mix bananas slices into low-at yogurt.
- Mix bananas on top of peanut butter toast.
- Slice bananas over low-fat frozen yogurt for an easy banana split.

Breakfast Recipe

Banana Smoothie

1 very ripe medium banana
3/4 cup orange juice
1/2 cup low-fat vanilla yogurt

Made without Blender: Break banana into small pieces and put in a bowl. Mash banana pieces with a fork. Add orange juice and yogurt. Mix with a wire whisk or fork until blended. Pour into two glasses.

Made with Blender: Combine ingredients and cover with lid. Blend until smooth and serve.

Makes 2 smoothies
145 calories, 1.5 grams fat per serving

Source: Wisconsin Nutrition Education Network

Piense en frutas: Bananas

Cómo comprar bananas/ plátanos

- Bananas/plátanos son una “compra económica” todo el año.
- Seleccione bananas amarillas con puntas verdes, totalmente amarillas o amarillas con puntitos marrones.
- Cuanto más amarilla la piel, tanto más dulce es la fruta. Bananas con puntitos marrones son aún más dulces y son de textura más blanda.

Cómo almacenar bananas

- Almacene las bananas a temperatura ambiente y seguirán madurando. Si las bananas son muy verdes, colóquelas en una bolsa de papel y madurarán más rápido.
- Si maduran muy rápido, colóquelas en el congelador. Se tornarán marrones y blandas, pero al descongelarlas estarán perfectas para un pan de bananas.

Para algo rápido y fácil

- Añada rodajas de banana a cereales calientes o fríos.
- Añada rodajas de banana a yogur de poca grasa.
- Añada bananas a un pan tostado untado con mantequilla de maní/ cacahuates.
- Añada rodajas de banana a yogur congelado de poca grasa.

Receta para el desayuno

Batido natural de bananas/plátanos

1 banana mediana, muy madura
3/4 taza de jugo de naranjas
1/2 taza de yogur de vainilla de poca grasa

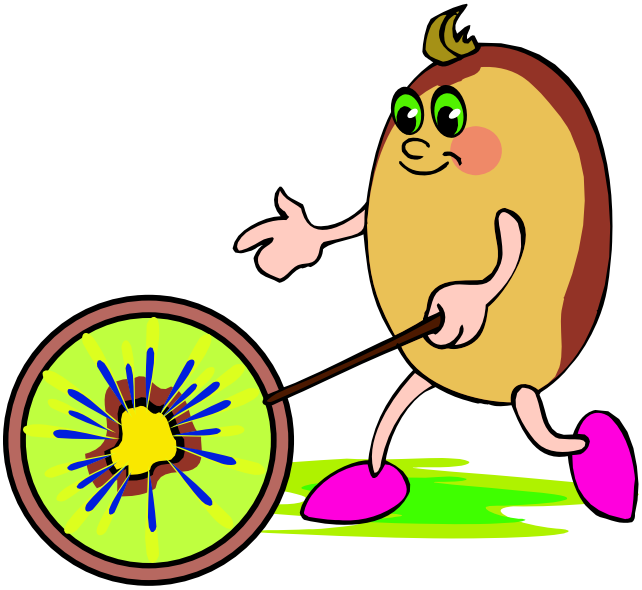
Sin licuadora: Corte la banana en trocitos y póngalos en un tazón. Macháquelos con un tenedor. Añada jugo de naranjas y yogur. Mezcle con un batidor de alambre o tenedor hasta que esté bien mezclado. Vierta en dos vasos.

Con licuadora: Combine los ingredientes y cubra con la tapa. Licúe bien y sirva.

Porción para 2 personas
145 calorías, 1.5 gramos de grasa por porción

Fuente: Wisconsin Nutrition Education Network

Focus on Fruits: Kiwifruit



How to Buy Kiwifruit

- Kiwifruit are a “best buy” all year long.
- Choose kiwifruit that are plump firm and do not have any bruises.
- Smaller kiwifruits taste the same as large one.
- Press the outside of the kiwifruit with your thumb. Kiwifruits that are ready to eat are tender to the touch.

How to Store Kiwifruit

- Keep firm kiwifruit at room temperature for 2-3 days or put them in a paper bag until tender.
- Kiwifruit will keep for several weeks if stored in the refrigerator.

Quick & Easy Tips

- The fuzzy skin can be washed thoroughly and eaten or peeled off.
- One of the easiest ways to eat a kiwifruit is to cut it in half and scoop out the fruit with a spoon.
- Mix chopped kiwifruit into pancake or waffle batter then top with more kiwifruit slices.
- Add kiwifruit to cold cereal.
- Top yogurt with granola and kiwifruit slices.
- Pack kiwifruit for a delicious snack.
- Top a bagel with cream cheese and kiwifruit slices.

Breakfast Recipe

Kiwi Breakfast Split

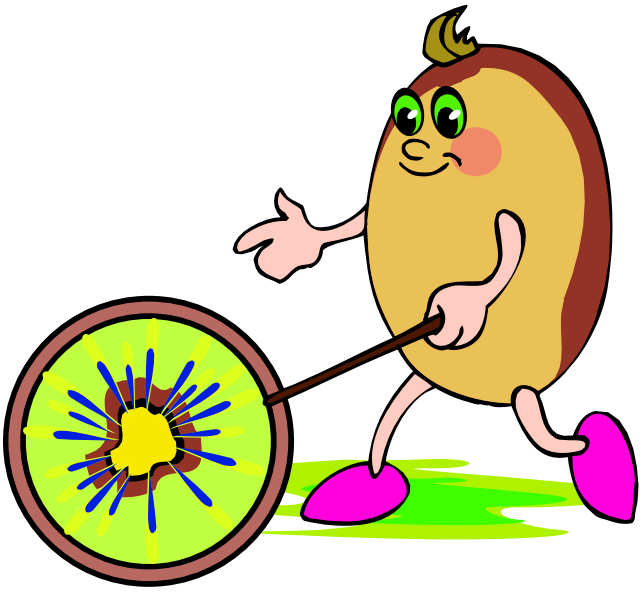
1/2 banana
1/2 cup sliced kiwifruit
1/2 cup low fat vanilla yogurt
1 Tbsp. crunchy granola

Peel and split banana half lengthwise. Place banana in bottom of bowl. Top with yogurt, kiwifruit and granola

Makes 1 split
250 calories, 3.5 grams fat per serving

Source: Wisconsin Nutrition Education Network

Piense en frutas: fruta kiwi



Cómo comprar frutas kiwi

- La fruta kiwi es una “compra económica” todo el año.
- Seleccione fruta kiwi gorda, firme y sin moretones.
- Las frutas kiwi más pequeñas tienen el mismo sabor que las grandes.
- Presione la fruta kiwi un poco con el pulgar. Cuando se sienten tiernas están listas para comer.

Cómo almacenar frutas kiwi

- Guarde las frutas kiwi firmes a temperatura ambiente por 2 ó 3 días o póngalas en una bolsa de papel hasta que estén tiernas.
- Las frutas kiwi durarán varias semanas si las coloca en el refrigerador.

Para algo rápido y fácil

- La piel peluda se puede lavar bien, comer o pelar.
- La manera más fácil de comer la fruta kiwi es cortarla por la mitad y sacar la pulpa con una cuchara.
- Añada fruta kiwi picada a la masa de los panqueques/hotcakes o waffles; luego póngale más rebanadas encima.
- Añada frutas kiwi a los cereales fríos.
- Al yogur, póngale rebanadas de frutas kiwi y granola.
- Cómala como fruta fresca deliciosa.
- Encima de un baguel con queso fresco o cremoso, coloque rebanadas de fruta kiwi.

Receta para el desayuno

Frutas kiwi con banana

1/2 banana
1/2 taza rebanadas de frutas kiwi
1/2 taza yogur de vainilla de poca grasa
1 cucharada granola crujiente

Pele y corte la banana por la mitad a lo largo. Coloque la banana en el fondo de un tazón. Encima póngale el yogur, las frutas kiwi y la granola.

Porción para 1 persona
250 calorías, 3.5 gramos de grasa por porción.

Fuente: Wisconsin Nutrition Education Network

Focus on Fruits: Oranges

How to Buy Oranges

- Fresh oranges are the best value and quality in the winter.
- Navel oranges are seedless and have a navel or button formation opposite the stem.
- Orange juice is a good buy all year long. Choose unsweetened 100% juice.
- Frozen concentrated juice is usually the best buy.

How to Store Oranges

- Store oranges in the refrigerator so that they last longer.
- Keep frozen concentrated juice in the freezer. Thaw it overnight in the refrigerator for easy mixing in the morning.
- Store canned and bottled juice at room temperature, refrigerate after opening.

Quick & Easy Tips

- Cut an unpeeled orange into wedges for fun and easy snacking.
- Add peeled orange sections to spinach salad and other vegetable salads.
- Mix orange juice and club soda or mineral water for a refreshing drink.
- Dip bananas in orange juice to keep them from turning brown.
- Drink a glass of orange juice with breakfast for a quick serving of fruit.

Breakfast Recipe

On-the-Go Dreamsicle Pops

1 cup low fat vanilla or lemon yogurt
6 ounce can orange juice concentrates
2 1/2 cups skim milk
1 tsp. vanilla

Place all ingredients in a bowl or blender. Mix well with a wire whisk, egg beater, spoon or blender. Pour into small paper cups and add a wooden popsicle stick or plastic spoon for the handle. Freeze until firm.

Makes about 12 pops
43 calories, 0.5 grams fat per serving

Source: Wisconsin Nutrition Education Network

Piense en frutas: Naranjas

Cómo comprar naranjas

- En invierno, se consigue la mejor calidad de naranjas frescas y el mejor precio.
- Las naranjas ombligo no tienen semillas y tienen un “ombligo” o botón del lado opuesto al tallo.
- El jugo de naranja tiene buen precio el año entero. Seleccione un jugo 100% de fruta y sin azúcar.
- Jugo concentrado y congelado por lo general, es una compra económica.

Cómo almacenar naranjas

- Guarde las naranjas en el refrigerador para que duren más tiempo.
- Guarde el jugo concentrado y congelado en el congelador. Descongele en el refrigerador durante la noche para mezclarlo fácilmente a la mañana.
- Almacene los jugos enlatados o embotellados a temperatura ambiente; refrigere después de abrirlos.

Para algo rápido y fácil

- Corte una naranja con cáscara en cuñas para un refrigerio fácil.
- Añada gajos de naranja pelada a una ensalada de espinaca y a otras ensaladas de verduras.
- Combine el jugo de naranjas con soda o agua de seltz o con agua mineral para una bebida refrescante.
- Para que las bananas no se pongan marrones, colóquelas brevemente en jugo de naranja.
- Beba un vaso de jugo de naranja con el desayuno como una porción de frutas.

Receta para el desayuno

Palillos para comer a las carreras

1 taza yogurt de vainilla o limón de poca grasa
1 lata de 6 onzas de jugo de naranjas concentrado
2 1/2 tazas de leche descremada
1 cucharadita de vainilla

Coloque todos los ingredientes en un tazón o licuadora. Mezcle bien con un batidor, cuchara; o licúe. Vierta en pequeñas tazas de papel e inserte un palillo o cucharita plástica como mango. Congele bien.

Aproximadamente 12 porciones
43 calorías, 0.5 gramos de grasa por porción

Fuente: Wisconsin Nutrition Education Network

Focus on Fruits: Peaches

How to Buy Peaches

- Peaches are a “best buy” in the summer months.
- Select fresh peaches that are a creamy yellow and have a slight peachy smell. Peaches with a red “blush” may not be any sweeter.
- Don’t worry if the peaches in the grocery store are too hard. Most of them still need to ripen for a couple of days after you get them home.
- Buy canned peaches that are unsweetened or that are packed in juice or light syrup.

How to Store Peaches

- To ripen your peaches at home, store them in a paper bag for 2-3 days until they smell sweet and are slightly tender all over. You can store ripe peaches in the refrigerator for 3-5 days.

Quick & Easy Tips

- Add sliced peaches to hot or cold cereal.
- Top waffles and pancakes with warmed canned peaches.
- Mix peaches into low fat yogurt or cottage cheese and top with granola.
- Make a “peach split” with peaches instead of bananas.

Breakfast Recipe

Peach Muffins

1 1/2 cups white flour
1 cup sugar
3/4 tsp. salt
1/2 tsp. baking soda
2 eggs
1/3 cup apple sauce
2 tbsp. vegetable oil
1/2 tsp. vanilla
16 oz of can peaches drained and chopped

In a large bowl combine flour, sugar, salt, and baking soda. In another bowl beat eggs, apple sauce, oil and vanilla. Stir in dry ingredients just until moistened. Fold in peaches. Fill greased or paper-lined muffin cups 3/4 full. Bake at 375° F for 20-25 minutes.

Makes 12 muffins
180 calories, 3 grams of fat per serving

Source: Wisconsin Nutrition Education Network

Piense en frutas: Duraznos

Cómo comprar duraznos o melocotones

- En los meses de verano, los duraznos son una “compra económica”.
- Seleccione duraznos frescos con color amarillento cremoso y con el aroma de durazno. No siempre son más dulces los que tienen un tono rojizo.
- No se preocupe si los duraznos en la tienda son muy duros. La mayoría tendrá que madurar por unos días en su hogar.
- Compre duraznos enlatadas sin azúcar o en jugo o jarabe de pocas calorías.

Cómo almacenar duraznos

- Para que maduren los duraznos en su hogar, colóquelos en una bolsa de papel por unos 2 ó 3 días hasta que tengan aroma dulce y estén un poco blandos. Los puede guardar en el refrigerador por unos 3 a 5 días.

Para algo rápido y fácil

- Añada rebanadas de durazno a cereales fríos o calientes.
- Coloque duraznos enlatados y calentados sobre waffles y panqueques/ hotcakes.
- Combine duraznos con yogur de poca grasa o requesón y agregue granola.
- Combine helado con duraznos en vez de bananas.

Receta para el desayuno

Molletes de durazno o melocotón

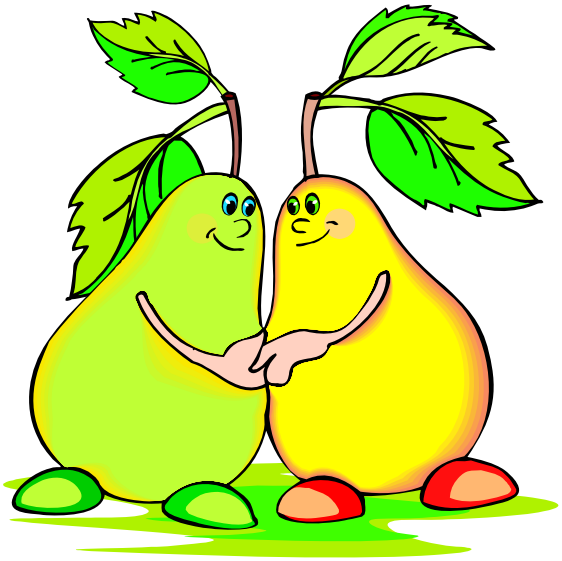
1 1/2 tazas de harina blanca
1 taza de azúcar
3/4 cucharadita de sal
1/2 cucharadita de bicarbonato de sodio
2 huevos
1/3 taza de puré de manzanas
2 cucharadas de aceite vegetal
1/2 cucharadita de vainilla
1 lata de duraznos de 16 onzas, córtelos en trocitos y sáquele el líquido

En un tazón grande, combine la harina, azúcar, sal y bicarbonato de sodio. En otro tazón bata los huevos, el puré de manzanas, aceite y vainilla. Coloque los ingredientes secos a los húmedos y revuelva justo como para mojarlos. Añada los duraznos. En un molde para molletes, rocíe con grasa o use revestimientos de papel, llene a 3/4 con la masa. Cocine al horno a 375° F por 20-25 minutos.

12 molletes, 1 por porción
180 calorías, 3 gramos de grasa por porción

Fuente: Wisconsin Nutrition Education Network

Focus on Fruits: Pears



How to Buy Pears

- Fresh pears are a great buy in the fall and winter.
- Fresh pears should have a sweet "pear" smell. They may be green or yellow. Some kinds have pink or brown streaks.
- Buy pears that are firm but not rock hard and let them finish ripening at home.
- When buying canned pears, look for unsweetened pears or pears packed in juice or light syrup.

How to Store Pears

- Ripen hard pears for a day or two in a brown paper bag. When the pears start to feel slightly soft all near the stem, they're ready to eat.
- Store ripe pears in the refrigerator to keep them from getting too soft.

Quick & Easy Tips

- Add sliced or canned pears to low-fat yogurt.
- Put warm canned pears over pancakes, waffles or french toast
- Cut a pear in half and scoop out the core fill the cavity with cottage cheese or peanut butter.
- Make a Waldorf salad of sliced pears, sliced apples, walnuts, raisins and low fat yogurt dressing.
- Add pear slices to chicken salad.
- Sprinkle dices pears over a green salad for extra crunch and a touch of sweetness.

Breakfast Recipe

Baked Pear

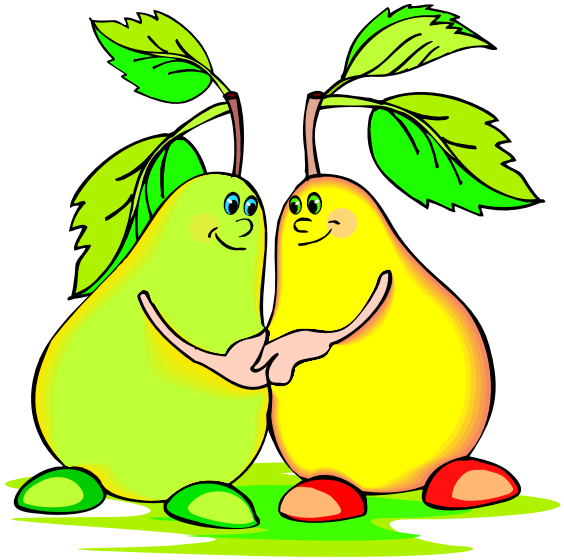
1 ripe pear
2 tsp. brown sugar
1/3 cup orange juice
Pinch of cinnamon (optional)

Cut pear in half and remove the core. Put brown sugar and orange juice on pear. Sprinkle with cinnamon. Microwave until pear is tender about 4-8 minutes.

Makes 1 serving
155 calories, 1 gram of fat per serving

Source: Wisconsin Nutrition Education Network

Piense en frutas: Peras



Cómo comprar peras

- Las peras están de temporada en el otoño e invierno.
- Las peras frescas deben tener el aroma de “peras dulces”. Pueden ser verdes o amarillas. Algunas tienen rayas rosadas o marrones.
- Compre peras con pulpa firme pero no duras como piedras y permita que sigan madurando en su casa.
- Cuando compra peras enlatadas, busque las que están envasadas en jugo o en un jarabe de pocas calorías.

Cómo almacenar peras

- A las peras duras, déjelas madurar por un día o dos en una bolsa de papel. Cuando las peras se sientan algo blandas cerca del tallo, están listas para comer.
- Guarde peras maduras en el refrigerador para que no se ablanden demasiado.

Para algo rápido y fácil

- Añada rebanadas de pera o peras enlatadas a yogur de poca grasa.
- Ponga peras enlatadas tibias encima de panqueques/hotcakes, waffles o torrijas.
- Corte una pera por la mitad, saque el centro o corazón y llene el hueco con requesón o mantequilla de maní/ cacahuate.
- Prepare una ensalada Waldorf con rebanadas de peras y manzanas, nueces, pasas de uva y un aderezo de yogurt de poca grasa.
- Añada rebanadas de pera a una ensalada de pollo.
- Coloque peras picadas sobre una ensalada verde para un toque de dulce y algo crujiente.

Receta para el desayuno

Pera al horno

1 pera madura
2 cucharaditas de azúcar moreno
1/3 taza de jugo de naranja
Pizca de canela (opcional)

Corte la pera por la mitad y quite el centro o corazón. Coloque el azúcar moreno y el jugo de naranja sobre la pera. Añada la canela. Colóquela en el microondas unos 4 a 8 minutos hasta que la pera esté blanda.

Porción para 1 persona
155 calorías, 1 gramo de grasa por porción

Fuente: Wisconsin Nutrition Education Network

Encourage Kids to Eat More Fruits & Veggies

Eating fruits and vegetables is part of a healthy diet* for both children and adults. Finding creative ways to encourage fruits and vegetables in your child's diet can be fun for the entire family.

There are more fruits and vegetables available in fresh, frozen, canned, and dried forms than ever before. Taking the time to introduce a variety of fruits and vegetables to kids can help develop a lifetime of healthy habits.

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10 Ways to Help Kids Eat More Fruits & Veggies

1. Keep a bowl of fresh fruits on the counter. Refrigerate cut up fruits and vegetables in small bags for easy snacks on the run.
2. Serve fruits and vegetables at every meal. Add grated or cut vegetables into entrees, side dishes, and soups. Top off cereal with fruits or add frozen fruits to smoothies.
3. Set a good example. Snack on fruit and order low-sodium, low-fat salads, soups, or vegetable sides when at restaurants.
4. Pack the refrigerator, freezer and cupboard with pre-cut, frozen and canned vegetables so that it is easier for you to prepare meals and snacks that include vegetables.
5. Challenge family members to reach their daily fruits and vegetable goal. Reward the winner with a prize of his or her choice.
6. Ask that fruits and vegetables be offered at school functions, after school programs, and in vending machines.
7. Let children choose which fruits and vegetables to serve and how to incorporate them into their favorite meals.
8. Make fruits and vegetables fun. Try dressing up sandwiches with faces and smiles made from fruits and vegetables.
9. Keep trying. For some foods, it may take multiple times before a child acquires a taste for it.
10. Encourage friends or relatives to offer vegetables and fruits to your children.

Important Elements—Smell, Texture, and Color

- Kids are turned off to trying new foods if the smell, flavor, or color is not appealing to them. It may be more appealing to a child if the fruits or vegetables are served raw.
- Try feeding different textures of fruits and vegetables to your child. Some children prefer smooth food, where as others like lumpy, and some children like crisp foods, but others like soft.
- Offer new fruits and vegetables in combination with old favorites to show your child a variety of smells, textures, and colors. Various vegetables can be added to any whole grain pasta dish or pizza, and fruit is a great topping for low-fat or fat-free yogurt.

*In addition to fruits and vegetables, a healthy diet also includes whole grains, fat-free or low-fat milk products, lean meats, fish, beans, eggs and nuts, and is low in saturated fats, *trans* fats, cholesterol, salt, and added sugars. A healthy diet also means staying within your daily calorie needs.

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Kid Friendly Recipes

Trees in a Broccoli Forest

This fun recipe allows kids to be creative with their food.

2 carrots, peeled
3 cups broccoli florets
4 cherry tomatoes
3 Tbsp parsley leaves
Dipping Sauce:
1/4 cup plain non-fat yogurt
1/4 cup low-fat sour cream
2 teaspoons honey
2 teaspoons spicy brown mustard

1. To prepare dipping sauce, combine yogurt, sour cream, honey, and mustard in a small bowl.
2. Hold carrots against cutting board and trim off ends. Cut each carrot in half, crosswise, then lengthwise to make four pieces. Arrange each plate by putting two carrot pieces side-by-side in the center. Arrange broccoli around the carrots forming a cluster. Arrange the tomatoes at the top of the plate.
3. Spoon dip around the base of carrots and sprinkle with parsley. (Makes 4 servings.)

*Nutrition info per serving: Calories 73kcal; Fat 1.5g; Sodium 88mg; Carb 13g; Fiber 3g; Protein 4g; Vit A 180%; Vit C 100%; Calcium 10%; Iron 4%

Fruity Breakfast Parfait

Breakfast is an easy time to include fruits in a child's diet. This easy breakfast parfait is as fun for kids to make as it is to eat!

2 cups chopped fresh pineapple
1 cup frozen raspberries, thawed
1 cup low-fat vanilla yogurt
1 firm, medium banana, peeled and sliced
1/3 cup chopped dates
1/4 cup sliced almonds, toasted

1. In glasses, layer pineapple, raspberries, yogurt, banana, and dates.
2. Sprinkle the top with almonds. (Makes 4 servings.)

*Nutrition info per serving: Calories 207kcal; Fat 4.2g; Sodium 42mg; Carb 41g; Fiber 5g; Protein 5.6g; Vit A 2%; Vit C 70%; Calcium 15%; Iron 4%

Carrot and Raisin Sunshine Salad

This salad is colorful and provides kids with many important nutrients, including vitamin A. It makes a good snack, side dish, or dessert.

1 pound carrots (5-6) peeled and shredded
1/2 cup raisins
1 carton (8oz) low-fat vanilla yogurt
4 to 6 iceberg lettuce leaves

1. Mix all ingredients together except lettuce leaves in a mixing bowl. Cover with plastic wrap and refrigerate for 15 minutes.
2. Toss again before serving. Serve on lettuce leaves. (Makes 4 to 6 servings.)

*Nutrition info per serving: Calories 126kcal; Fat 1g; Sodium 95mg; Carb 28g; Fiber 3g; Protein 4g; Vit A 310%; Vit C 10%; Calcium 10%; Iron 4%

Seeing Is Believing
Model healthy eating habits to kids by eating fruits and vegetables often. Kids tend to follow the actions of older family members.

*Vitamin A, Vitamin C, Calcium and Iron listed as % of daily value based on 2,000 calories

Keeping Your Toddler Safe

- **Modify the shape and texture of firm foods.** To avoid choking, cut grapes into quarters, chop apples and firm fruits into very small pieces, and cook carrots and hard vegetables until soft, then cut into small pieces.
- **Keep an eye on small children when they are eating.** Small children may eat in a hurry, stuff too much food in their mouths, or chew their food inadequately which may cause a child to choke.
- **Prevent injuries by prohibiting children from running or playing while chewing food.** Feed small children only when they are sitting down and are in a relaxed atmosphere. Train toddlers to chew their food thoroughly before swallowing.

To find out how many fruits and vegetables you need plus more recipe ideas, please visit www.fruitsandveggiesmatter.gov

Fruits & Veggies *On the Go!*

You know that eating a diet rich in fruits and vegetables is good for you, but you're constantly on the go. See how you can fit fruits and veggies into your everyday world. Fruits and vegetables can be a part of a balanced diet anytime, anywhere.

Fruits and veggies are available in many different forms that are easy to take with you. Prepared fresh fruits and vegetables, like baby carrots and fresh fruit cups, are available in the produce section. Dried fruits and vegetables pack away easily in your bag. Pre-packaged fruits in their own juice make a great addition to any lunch sack.

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It all adds up

Breakfast on the road	Blend a smoothie with fresh fruit to drink on the way to work or school.
Mid-morning snack	Mix your favorite nuts with dried fruit such as cranberries, raisins, or apricots for a homemade trail mix to keep in your desk.
Lunch at a restaurant	Have a salad with a fat-free or low-fat dressing and a low-fat or fat-free vegetable soup at your favorite local restaurant or school cafeteria.
Afternoon snack	Snack on hummus and dippable veggies such as carrots and broccoli florets, for an energizing afternoon snack.
Dinner at home	Add steamed, baked, or sautéed veggies to your dinner at home.

"Make that a side of veggies"

It may be easier than you think to eat fruits and veggies when dining out. In addition to serving up salads, soups, and fruit cups, many restaurants and cafeterias offer veggie-packed entrees and sides.

- Try vegetable stir fry, vegetable fajitas, veggie wraps, or pasta primavera.
- Order a side of veggies with your meal, or pick three or four veggie sides and create your own vegetable plate.

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Recipes that travel with you

Strawberry Yogurt Shake

Shakes are easy to prepare and will easily travel with you in a cup. Make one on your way out the door to drink on the way to work.

Breakfast

1/2 cup unsweetened pineapple juice
3/4 cup plain low-fat yogurt
1-1/2 cups frozen unsweetened strawberries
1 tsp granulated sugar (optional)

1. Add ingredients in the order listed to a blender container.
2. Puree at medium speed until thick and smooth.
3. Pour into glass and enjoy. (Makes 2 servings.)

Nutrition info per serving*: Calories 140kcal; Fat 2g; Sodium 65mg; Carb 27g; Fiber 2g; Protein 6g; Vit A 2%; Vit C 90%; Calcium 20%; Iron 6%

Quick Bean Salad

This speedy salad recipe can be easily taken with you to work for an afternoon snack or as a side dish at dinner. Using canned beans helps decrease the preparation time.

Snack or Dinner

1 (15 oz) can garbanzo beans, rinsed and drained
1 (16 oz) can French style green beans, drained
1 (14 oz) can artichoke hearts, rinsed, drained, and quartered
1/2 cup fat-free Italian salad dressing

1. Combine first three ingredients in a large bowl, tossing lightly.
2. Pour dressing over vegetables, toss well, and chill for two hours before serving. (Makes 8 servings.)

Nutrition info per serving*: Calories 90kcal; Fat 1g; Sodium 290mg; Carb 14g; Fiber 3g; Protein 5g; Vit A 4%; Vit C 6%; Calcium 4%; Iron 10%

Sun-Dried Tomato Hummus

Hummus is a great item to take with you for lunch or for a snack. Bring along dippable veggies, such as baby carrots and broccoli, to eat with the delicious hummus.

Lunch or Snack

2 (15 oz) cans garbanzo beans, rinsed and drained
1/3 cup fat-free yogurt
1/4 cup tahini (sesame seed paste)
3 garlic cloves
1/2 cup chopped and drained sun-dried tomatoes packed in oil
1 tsp dried oregano leaves
2 tsp lemon juice

1. Process garbanzo beans, yogurt, tahini, and garlic in food processor until smooth.
2. Stir in sun-dried tomatoes and herbs; season to taste with lemon juice.
3. Refrigerate two hours before serving. (Makes 8 servings.)

Nutrition info per serving*: Calories 190kcal; Fat 5g; Sodium 400mg; Carb 29g; Fiber 6g; Protein 8g; Vit A 2%; Vit C 10%; Calcium 8%; Iron 15%

Grab & Go

Stock your pantry, desk or refrigerator with items that can easily be taken with you. When you are in a hurry, you will have many delicious and nutritious snacks to choose from. Some great options include:

- 100% juice boxes.
- Dried fruit, such as raisins, apples, and dates.
- Fresh whole fruit.
- Pre-packaged green salads*.
- Baked veggie chips.
- Fruit in pre-packaged individual serving containers packed with water or fruit juice*.
- Pre-cut fruits and Veggies*.
- No-added sugar applesauce in individual serving containers.

*Refrigeration required

Visit www.fruitsandveggiesmatter.gov for more great recipes.

*Vitamin A, Vitamin C, Calcium and Iron listed as % of daily value (DV) based on 2,000 calories

Your Questions Answered

Q My family doesn't like vegetables. How can I make them more exciting?

A Vegetables come in many different colors, shapes, sizes, and flavors. With such a variety, there are likely to be some that your family will enjoy. Introduce new varieties on a regular basis.

Involve your family in the process. Plan a family outing to your local farmer's market. Allow children to pick out a new vegetable for the family to try. Have them help prepare and cook. Plant a small garden or volunteer to pick vegetables at a nearby farm or community garden.

When preparing vegetables, bring out different flavors by adding spices, herbs, or flavored vinegars. Try garnishing dishes with onions, garlic, salsa, or other vegetables.

Most importantly, keep trying. Vegetables are a good source of vitamins and minerals and an important part of a healthy diet.*

Q Help! Fresh fruits and vegetables go bad before I can use them. What can I do to minimize waste?

A Try to purchase only the amount of fresh fruits and vegetables you will eat in the next few days. Remember that fruits and vegetables come in forms, including frozen, canned, or dried, which last longer.

Properly storing fruits and vegetables can also help minimize spoilage. *See reverse side for storage tips.*

Here are some ways to use fresh fruits and vegetables before they spoil:

- Steam fresh vegetables. Allow them to cool and then place in air-tight containers and freeze. Use later in soups, casseroles, or re-heat for quick side dishes.
- Mash ripe bananas and freeze in 1/4 cup servings. Use for smoothies or homemade whole–grain breads.
- Squeeze the juice of oranges, grapefruit, lemons, or limes in a bowl. Mix with water and pour in ice trays. Freeze for flavorful ice cubes that add a fresh citrus essence to water or tea.
- Be creative. Add different fruits and vegetables to your favorite dishes to create new flavor twists.

Q How can I be sure that fruits and vegetables are free of contaminants?

A Although there is no way to be absolutely certain that any food is free of contaminants, one of the bests ways to reduce the risk of illness is to wash all fruits and vegetables, before preparing or eating.

Follow these simple steps:

1. Wash your hands with warm water and soap for at least 20 seconds before and after handling food.
2. Wash your cutting boards, dishes, utensils, and counter tops with hot soapy water after preparing each food item and before you go to the next food.
3. Rinse produce under clean running water. Do not use detergents or bleach as these products are not intended for consumption.

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Q Which cooking method is best for retaining the nutrients in fruits and vegetables?

A There is no one right way to cook a particular food, and no matter how careful you are, food preparation of any kind results in some nutrient loss. However, certain techniques can help you minimize nutrients lost. Try these methods next time you cook fruits or vegetables.

- Use a steamer or cook in small amounts of water. If possible, use the leftover cooking liquid in a soup or another dish.
- Cook fruits and vegetables "just until tender" and avoid overcooking.
- Cut and cook fruits and vegetables in pieces that are as large as possible to reduce exposure to air that destroys some vitamins.
- Cook fruits and vegetables as soon as possible after cutting.
- Prepare fruits and vegetables as close to serving time as possible.

* A healthy diet also includes fruits, whole grains, fat-free or low-fat milk products, lean meats (including poultry, fish, beans, eggs, and nuts) and is low in saturated fats, *trans* fats, cholesterol, salt, and added sugars. A healthy diet also means staying within your daily calorie needs.

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Storing Fresh Fruits and Vegetables

Apples	Refrigerate to prevent further ripening. Apples can keep for up to six weeks. Check apples often, and remove any apples that begin to decay, or the others will do the same.
Bananas	Keep at room temperature to further ripen. Once ripe, store in refrigerator for up to 3 to 5 days. Although the peel will turn dark brown, the fruit is good.
Bell Peppers	Store unwashed bell peppers in a plastic bag in the refrigerator. Peppers should stay fresh for about a week.
Broccoli	Store broccoli unwashed in an open plastic bag and place in refrigerator crisper. Use within a day or two after purchasing.
Carrots	Refrigerate carrots in the crisper section. Carrots should last several weeks.
Corn	Cook corn shortly after purchase for the best taste. If not, store in the refrigerator. Keep it in its husk until you are ready to cook it. For best flavor, eat within a couple of days.
Garlic	Store garlic bulb in a cool, dark place with low humidity out of the refrigerator. Garlic should last for several weeks.
Lemons	Store at room temperature or in a plastic bag in the refrigerator. Lemons should keep for about two weeks at room temperature or six weeks in the refrigerator. Cut lemons should be refrigerated and used as quickly as possible.
Lettuce	Keep unwashed lettuce in plastic bags in the crisper section of the refrigerator. Salad greens should be stored separately from fruits. Lettuce can last up to two weeks.
Mangos	Store mangos at room temperature and out of sun. The ideal temperature for mangos is 55°F. Mangos should have a shelf life of one to two weeks. Store cut mangos in plastic bag for no more than three days.
Onions	Store in a cool, dry, open space away from bright light. Because onions absorb moisture, do not store onions below the sink. Do not place onions near potatoes because potatoes give off moisture. Depending on the season, onions may last two to four weeks.
Oranges	Keep oranges at room temperature or in the crisper drawer of the refrigerator. Oranges will generally keep for up to two weeks.
Potatoes	Store in a cool, dry place. Sunlight can cause the skin of brown potatoes to turn green. Remove any green spots before using. Potatoes will keep for three to five weeks.
Spinach	Pack unwashed spinach lightly in a cellophane or plastic bag, and store in the refrigerator crisper. Spinach should be eaten within three to four days.
Squash	Place summer squash in plastic bags and store in the refrigerator. Squash should keep for about a week. Winter squash has a longer shelf life and may be stored in a cool, dry place for up to three months.
Tomatoes	Store at room temperature away from sunlight until fully ripened. Ripe tomatoes may be stored in the refrigerator and used within a week.

General Storing Tip: For fruits and vegetables that require refrigeration, store the fruits and vegetables in separate crisper sections to prevent exposure to ethylene gas, which is produced by some fruits, and decreases the storage life of certain vegetables.

For more answers to common questions, visit www.fruitsandveggiesmatter.gov.

Eat more fruits and veggies

You probably already know that a healthy diet includes a variety of fruits and vegetables. A good source of vitamins and minerals, many fruits and vegetables are lower in calories and higher in fiber than other foods. As part of a healthy diet,* eating fruits and vegetables instead of high-fat or high-calorie foods may make it easier to control your weight.

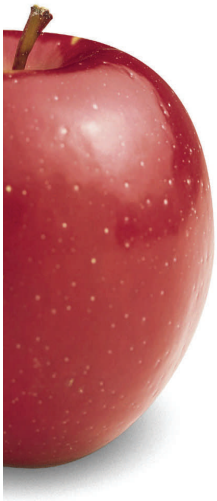
Too busy? See how you can save time, save money, or both as you strive to eat more fruits and vegetables as part of a healthy diet.

Save Time

- Pick fruits or veggies that require little peeling or chopping, such as baby carrots, cherry tomatoes, or grapes.
- Prepare extra vegetables and freeze leftovers for quick sides. Simply heat to 165ºF and serve.
- Choose ready-packed salad greens from the produce shelf for a quick salad any time.
- Visit the salad bar for pre-cut veggies to top salads, sandwiches, or pasta.

Save Money

- Take advantage of in-store promotions and purchase fresh fruits and vegetables in season, when they are generally less expensive.
- Prevent food waste by properly storing produce and selecting the type and amount you will consume.
- Buy in bulk. Freeze excess, or purchase frozen, canned, or dried varieties that keep longer.
- Shop the local farmer's market or visit nearby farms and pick your own fresh produce while in season.



Save Time + Money

- Plan meals ahead and create a shopping list to help minimize impulse purchases.
- Buy in bulk and prepare extra or larger amounts. Freeze individual or family-size portions for later use.
- Make vegetable-based one-pot meals using beans or soy or other beans instead of higher cost protein sources, such as meat, fish, or poultry. One-pot meals also reduce the number of pans and other utensils that must be washed, saving you time.
- Keep it simple. Choose quick and easy recipes with few ingredients that use in-season, canned, frozen, or dried fruits and vegetables.

* In addition to fruits and vegetables, a healthy diet also includes whole grains, fat-free or low-fat milk products, lean meats, fish, beans, eggs and nuts, and is low in saturated fats, *trans* fats, cholesterol, salt, and added sugars. A healthy diet also means staying within your daily calorie needs.

Recipes

Vegetarian Stuffed Peppers

Prepared in less than 30 minutes, this colorful dish packed with vitamin C makes a great addition to any meal. Substitute low-sodium canned diced tomatoes to save time and money.

4 red or green bell peppers
2 cups grape tomatoes
1 medium onion
1 cup fresh basil leaves
3 garlic cloves
2 tsp olive oil
1/4 tsp salt
1/4 tsp black pepper

1. Preheat oven to 425°F. Lightly oil a large shallow baking pan.
2. Cut peppers in half (lengthwise) and remove seeds. Arrange peppers cut side up in baking pan and lightly oil cut edges of stems.
3. Halve tomatoes and chop onion and basil. Finely chop garlic.
4. In a bowl, toss tomatoes, onion, basil, garlic, olive oil, salt, and pepper.
5. Spoon equal portions of mixture into peppers and roast in upper third of oven until peppers are tender.

(Makes 8 servings.)

*Nutrition info per serving: Calories: 40kcal; Fat 2g; Sodium 80mg; Carb 7g; Fiber 2g; Protein 1g; Vit A 80%; Vit C 120%; Calcium 2%; Iron 4%

Green Bean Potato Salad

An alternative to the traditional potato salad, this tasty dish can be prepared in 20 minutes. Save time by using frozen green beans.

1 lb (3 1/2 cups) fresh green beans
2 lbs (2 1/2 cups) red potatoes
3 cloves garlic, minced
3 Tbsp fresh dill
4 Tbsp balsamic vinegar
3 Tbsp olive oil
1 Tbsp Dijon mustard
1 cup diced red bell pepper
1/2 cup chopped red onion

1. Steam green beans for 5 to 8 minutes.
2. Dice potatoes into bite-size pieces. Cook in boiling water until tender.
3. Prepare dressing by mixing dill, vinegar, oil, and mustard.
4. Add onion and pepper to cooled beans and potatoes; top with dressing.

(Makes 8 servings.)

*Nutrition info per serving:Calories: 160kcal; Fat 5g; Sodium 35mg; Carb 26g; Fiber 4g; Protein 4g; Vit A 20%; Vit C 110%; Calcium 4%; Iron 8%

Lentil One Dish

Ready in 30 minutes, this low-cost dish is a great non-meat alternative.

1 cup uncooked rinsed lentils
1/2 cup uncooked brown rice
3 cups sliced carrots
1 lb (2 1/2 cups) swiss chard, chopped
1 lb kale, (3 1/2 cups) chopped
3 cups water
1 packet onion soup mix
1 tsp basil
1 Tbsp olive oil

1. Place all ingredients in large pot and bring to a boil.
2. Reduce heat, cover, and cook until rice is done, about 20 minutes.

(Makes 6 servings.)

*Nutrition info per serving: Calories: 280kcal; Fat 4g; Sodium 540mg; Carb 51g; Fiber 15g; Protein 15g; Vit A 470%; Vit C 200%; Calcium 20%; Iron 35%

Visit www.fruitsandveggiesmatter.gov for more great recipes!

* Vitamin A, Vitamin C, Calcium and Iron listed as % of daily value based on 2,000 calories

Least expensive way to eat fruits and veggies

Fresh	**apples, peaches, pears, plums, blueberries, strawberries, cherries, cabbage, potatoes, broccoli, carrots, cauliflower, kale, sweet potatoes, spinach, squash/zucchini, mangoes, papayas, bananas**
Frozen	**raspberries, collard greens, turnip greens, okra**
Canned	**green beans, tomatoes, sweet corn, green peas, asparagus**
Dried	**grapes (raisins), apricots**
Juice	**grapefruit (frozen), orange (frozen), pineapple, prune (plums), tomato**

Source: *How Much Do Americans Pay for Fruits and Vegetables?* AIB-790. Economic Research Service/USDA

True or False? Test your fruit and veggie IQ.

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Eating fruits and vegetables everyday as part of a healthy diet can help you fight disease.

T A good source of many essential vitamins and minerals, fruits and vegetables are important to promoting good health. Research consistently shows that compared with people who consume a diet with only small amounts of fruits and vegetables, those who eat more generous amounts as part of a healthful diet* are likely to have reduced risk of chronic diseases, including stroke, type 2 diabetes, certain cancers, and perhaps heart disease and high blood pressure.

Most people do not eat enough fruits and vegetables for good health.

T Despite the many health benefits, most Americans do not consume enough fruit and vegetables every day. Are you meeting your needs? Visit www.fruitsandveggiesmatter.gov to see how many cups you need each day.

Green vegetables are the most nutritious.

F No one food contains all the nutrients your body needs. To get a healthy variety, think color. Eating fruits and vegetables of different colors, including plenty of dark green vegetables, gives your body a wide range of nutrients, like fiber, folate, potassium, and vitamins A and C.

Fresh, frozen, canned, and dried varieties of fruits and vegetables all count toward your daily recommendation.

T No matter what the form — fresh, frozen, canned, dried, juice — all varieties of fruits and vegetables count toward your daily recommendation. Choose fruits without added sugar or syrups and vegetables without added salt, butter, or cream sauces. Although 100% fruit or vegetable juice counts toward your daily recommendation, the majority of the total daily amount of fruits and vegetables should come from whole fruits and vegetables to help you get enough fiber.

Fruits and vegetables can play a role in weight management.

T Besides having vitamins and minerals that can help protect your health, many fruits and vegetables are lower in calories and higher in fiber than other foods. Studies have shown that when people eat more low-calorie foods, they naturally eat fewer high-calorie foods. That's because people tend to eat similar amounts of food even when the calories in the food vary. As part of a healthy diet, eating fruits and vegetables instead of high-fat foods may make it easier to control your weight.

Fruits and vegetables are always more expensive than other foods.

F The USDA analyzed the prices of 154 different forms of fruits and vegetables and found that more than half cost less than 25 cents per serving. Compared to a candy bar, soda, or snack grab bag, fruits and veggies are a bargain. *Based on 1999 A.C. Nielson Homescan data.*

Preparing fruits and vegetables always takes too much time.

F With so many varieties to choose from, it's easier than ever to eat more fruits and vegetables. Look for simple recipes that take only minutes to prepare. See reverse side for three great options. Or try whole fruits and vegetables. There are many varieties you can just rinse and eat.

* In addition to fruits and vegetables, a healthy diet also includes whole grains, fat-free or low-fat milk products, lean meats, fish, beans, eggs and nuts, and is low in saturated fats, *trans* fats, cholesterol, salt, and added sugars. A healthy diet also means staying within your daily calorie needs.

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Recipes

Black Beans with Corn & Tomatoes

Need a side dish or quick dip? This versatile dish is great with grilled chicken fajitas and baked tortilla chips.

10 minutes

1 15-ounce can low-sodium no-fat-added black beans

1 cup frozen corn, thawed

1 cup cut tomatoes (fresh or low-sodium canned)

1 clove garlic, minced

1 tsp chopped fresh parsley (optional)

1/2 tsp chili powder

1/8 tsp cayenne pepper or more to taste

1. Drain and rinse beans.
2. In a bowl, combine beans, corn, tomatoes, and garlic.
3. Add parsley, pepper, and chili powder.
4. Combine and serve.

(Makes 4 servings.)

*Nutrition info per serving: Calories: 110kcal; Fat 1g; Sodium 230mg; Carb 25g; Fiber 7g; Protein 6g; Vit A 10%; Vit C 20%; Calcium 4%; Iron 10%

Colorful Edamame Salad

This attractive salad will brighten up any plate. Serve as a first course or along side grilled chicken or fish.

15 minutes

1 1/2 cup shelled frozen edamame

4 cups romaine lettuce, cut

1 cup shredded carrots

2 cups halved grape tomatoes

1 cup sliced cucumber

1/2 cup chopped red onion

1. Add shelled edamame to 3 cups of boiling water and cook 4 minutes. Drain and rinse with cold running water to cool.
2. Mix all other ingredients and combine with the edamame in a large salad bowl.
3. If desired, toss with a low-fat dressing of your choice. *Note: The dressing is not included in the nutritional analysis below.*

(Makes 4 servings.)

*Nutrition info per serving:
Calories: 120kcal; Fat 2.5g; Sodium 80mg; Carb 17g; Fiber 4g; Protein 9g; Vit A 150%; Vit C 45%; Calcium 10%; Iron 10%

Pasta Primavera

30 minutes

Ready in just 30 minutes, this healthy version of the classic pasta dish is sure to be a favorite with family and friends.

1 cup broccoli florets

1 cup sliced carrots

1 cup sliced zucchini

1 cup macaroni or rotini pasta

Sauce:

1 Tbsp flour

1 Tbsp soft margarine

1 cup skim (fat-free) milk

1/4 tsp dried basil

1/8 tsp black pepper

2 Tbsp Parmesan cheese

1. Steam vegetables until crisp-tender, about 5 minutes.
2. Cook pasta according to package directions.
3. In a small saucepan, melt margarine and blend in flour. Gradually stir in milk, basil, and pepper.
4. Cook over medium heat, stirring constantly, until sauce thickens.
5. Remove from heat and blend in cheese. Pour over hot vegetables.
6. Add macaroni and mix together.

(Makes 2 servings.)

*Nutrition info per serving:
Calories: 360kcal; Fat 8g; Sodium 200mg; Carb 56g; Fiber 5g; Protein 15g; Vit A 180%; Vit C 80%; Calcium 25%; Iron 15%

* Vitamin A, Vitamin C, Calcium and Iron listed as % of daily value based on 2,000 calories

Visit www.fruitsandveggiesmatter.gov for more great recipes and tips to keep food safe.

POWER PACK YOUR DAY.

Here are some easy ways to fill your day with fruits and vegetables as part of a healthy diet:

- Stir low-fat or fat-free granola into a bowl of low-fat or fat-free yogurt. Top with sliced apples or frozen berries.
- Add vegetables, such as diced tomatoes and onions, to your egg or egg white omelet.
- Have some fruit as a mid-morning snack.
- Make fruits and vegetables about half your plate.
- Munch on raw vegetables with a healthy low-fat or fat-free dip.
- Put grapes and banana slices on wooden skewers and freeze for "fruit on a stick."
- Add frozen vegetables to a casserole or pasta. Try broccoli, peas, and corn.
- Ask for more vegetable toppings (like broccoli and spinach) and less cheese on your pizza.

Visit 5aday.gov.

how many fruits and vegetables do *you* need?

EVERY BODY IS DIFFERENT. WE'LL SHOW YOU SIMPLE WAYS TO EAT THE AMOUNTS THAT ARE RIGHT FOR YOU.

eat a colorful variety every day

You probably already know that a healthy diet includes a variety of fruits and vegetables. Most are lower in calories and higher in fiber than other foods. As part of a healthy diet, eating fruits and vegetables instead of high-fat foods may make it easier to control your weight.

Compared to people who eat only small amounts of fruits and vegetables, those who eat more generous amounts — as part of a healthy diet — are likely to have reduced risk of chronic diseases. These diseases include stroke, type 2 diabetes, some types of cancer, and perhaps heart disease and high blood pressure.

You can find the amounts of fruits and vegetables you need using the charts in this brochure. There are also facts on why eating the recommended amounts is important to your health. Easy tips for including fruits and vegetables in your day are also provided.

know the amounts you need each day

1. Go to your chart. Choose your level of physical activity. Use these definitions to determine your lifestyle physical activity that is above the light activity of everyday life:

   Less Active: You average less than 30 minutes a day.
   Moderately Active: You average 30 to 60 minutes a day.
   Active: You average more than 60 minutes a day.

2. Choose your age range. Your physical activity level and age determine how many calories you need each day and your calorie needs determine how many fruits and vegetables you should eat.

Women

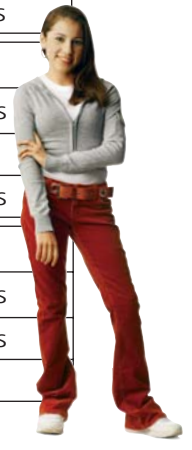
	AGE	FRUITS	VEGETABLES
less active	19-30	2 cups	2 ½ cups
	31-50	1 ½ cups	2 ½ cups
	51+	1 ½ cups	2 cups
moderately active	19-50	2 cups	2 ½ cups
	51+	1 ½ cups	2 ½ cups
active	19-50	2 cups	3 cups
	51+	2 cups	2 ½ cups

Men

	AGE	FRUITS	VEGETABLES
less active	19-50	2 cups	3 cups
	51+	2 cups	2 ½ cups
moderately active	19-30	2 cups	3 ½ cups
	31+	2 cups	3 cups
active	19-30	2 ½ cups	4 cups
	31-50	2 ½ cups	3 ½ cups
	51+	2 cups	3 cups

Girls

	AGE	FRUITS	VEGETABLES
less active	2-3	1 cup	1 cup
	4-8	1 cup	1 ½ cups
	9-13	1 ½ cups	2 cups
	14-18	1 ½ cups	2 ½ cups
moderately active	2-3	1 cup	1 cup
	4-8	1 ½ cups	1 ½ cups
	9-13	1 ½ cups	2 cups
	14-18	2 cups	2 ½ cups
active	2-3	1 cup	1 cup
	4-8	1 ½ cups	1 ½ cups
	9-13	1 ½ cups	2 ½ cups
	14-18	2 cups	3 cups



Boys

	AGE	FRUITS	VEGETABLES
less active	2-3	1 cup	1 cup
	4-8	1 ½ cups	1 ½ cups
	9-13	1 ½ cups	2 ½ cups
	14-18	2 cups	3 cups
moderately active	2-3	1 cup	1 cup
	4-8	1 ½ cups	1 ½ cups
	9-13	1 ½ cups	2 ½ cups
	14-18	2 cups	3 cups
active	2-3	1 cup	1 cup
	4-8	1 ½ cups	2 cups
	9-13	2 cups	2 ½ cups
	14-18	2 ½ cups	3 ½ cups

make it count

Include fruits and vegetables throughout your day in little ways — for snacks, toppings, side dishes, or in your main meal. Whether they're frozen, fresh, canned, or dried, all fruits and vegetables (including beans) count toward your daily amount.

Learn what 1 cup and ½ a cup look like:

EXAMPLES OF 1 CUP

1 large ear of corn

1 large orange

1 large sweet potato

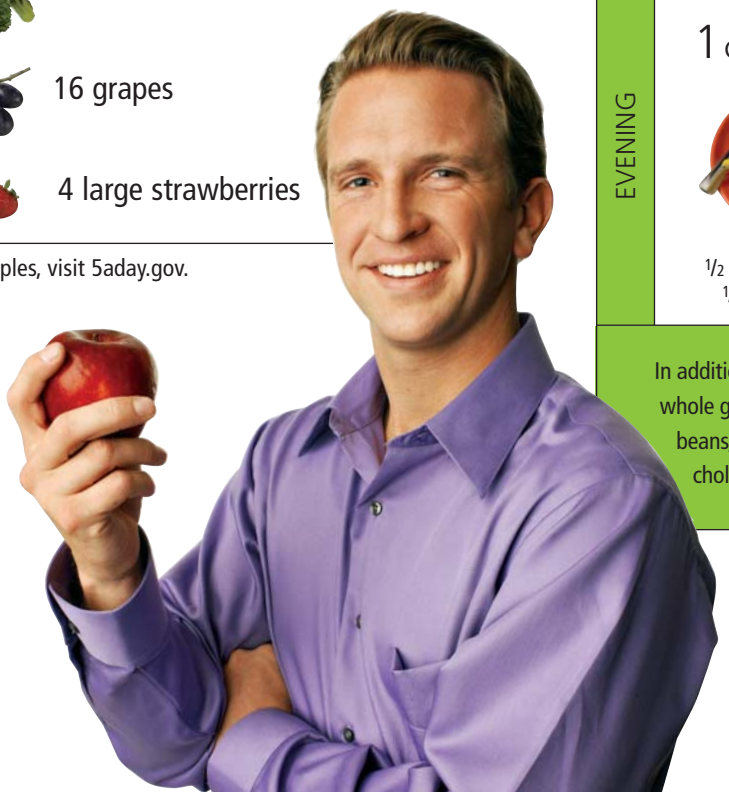
EXAMPLES OF ½ CUP

5 broccoli florets

16 grapes

4 large strawberries

For more examples, visit 5aday.gov.



Simple ways to enjoy fruits and vegetables throughout your day:

MORNING

1 cup

1 small apple

½ cup

1 small banana

MID-DAY

1 cup

1 cup of lettuce* and ½ cup of other vegetables

½ cup

6 baby carrots

EVENING

1 cup

½ large sweet potato and ½ cup of green beans

½ cup

½ cup of fresh mixed fruit

In addition to fruits and vegetables, a healthy diet also includes whole grains, fat-free or low-fat milk products, lean meats, fish, beans, eggs and nuts, and is low in saturated fats, *trans* fats, cholesterol, salt, and added sugars.

* 1 cup of lettuce counts as ½ cup of vegetables.

find your balance

Becoming a healthier you isn't just about eating healthy — it's also about physical activity. Regular physical activity is important for your overall health and fitness.

Here are some guidelines to follow:

Adults should be physically active at a moderate intensity at least 30 minutes most days of the week.
To prevent weight gain, adults should be physically active at least at a moderate intensity approximately 60 minutes most days of the week while not exceeding caloric requirements.
Children and teenagers should be physically active for 60 minutes most days, or preferably all days of the week.
For even greater health benefits, increase the time or intensity of your activity.

get the most nutrition out of your calories

Consider this: If you use up your total daily calories on a few high-calorie items, chances are you won't get the full range of vitamins and nutrients your body needs to be healthy.

To get all the nutrients you need, without consuming too many calories, you should choose foods that are packed with nutrients, but lower in calories, from each of the food groups. These foods include fruits and vegetables, whole grains, lean meats, and fat-free or low-fat milk and milk products.

For more information about a healthy diet, visit MyPyramid.gov.

To get a healthy variety, think color. Eating fruits and vegetables of different colors gives your body a wide range of valuable nutrients, like fiber, folate, potassium, and vitamins A and C. Some examples include green spinach, orange sweet potatoes, black beans, yellow corn, purple plums, red watermelon, or white onions. For more variety, try new fruits and vegetables regularly.

they've got what you need, naturally

TAKE A HEALTHY BITE.

Fruits and vegetables are great sources of many vitamins, minerals and other natural substances that may help protect you from chronic diseases. Some of these nutrients may also be found in other healthy foods. Eating a balanced diet and making other lifestyle changes are key to defending your body's good health.

FIBER	
Diets rich in dietary fiber have been shown to have a number of beneficial effects, including decreased risk of coronary heart disease.	**Excellent fruit and vegetable sources:** navy beans, kidney beans, black beans, pinto beans, lima beans, white beans, soybeans, split peas, chick peas, black eyed peas, lentils, artichokes
FOLATE*	
Healthful diets with adequate folate may reduce a woman's risk of having a child with a brain or spinal cord defect.	**Excellent fruit and vegetable sources:** black eyed peas, cooked spinach, great northern beans, asparagus
POTASSIUM	
Diets rich in potassium may help to maintain a healthy blood pressure.	**Good fruit and vegetable sources:** sweet potatoes, tomato paste, tomato puree, beet greens, white potatoes, white beans, lima beans, cooked greens, carrot juice, prune juice
VITAMIN A	
Vitamin A keeps eyes and skin healthy and helps to protect against infections.	**Excellent fruit and vegetable sources:** sweet potatoes, pumpkin, carrots, spinach, turnip greens, mustard greens, kale, collard greens, winter squash, cantaloupe, red peppers, Chinese cabbage
VITAMIN C	
Vitamin C helps heal cuts and wounds and keeps teeth and gums healthy.	**Excellent fruit and vegetable sources:** red and green peppers, kiwi, strawberries, sweet potatoes, kale, cantaloupe, broccoli, pineapple, Brussels sprouts, oranges, mangoes, tomato juice, cauliflower

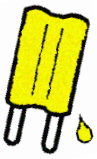
* According to the Institute of Medicine, a daily intake of 400 µg/day of synthetic folic acid (from fortified foods or supplements in addition to food forms of folate from a varied diet) is recommended for women of childbearing age who may become pregnant.

Fruit of the Month:
Apricot

Fun Facts *

Apricots originally came from China and are over 4,000 yrs. old.

* It takes about 6 pounds of fresh apricots to make 1 pound of dried apricots!
* Legend has it that the juice of apricots was the choice drink of Greek and Roman gods.



Frozen Apricot Pops for Kids!

In a blender, puree 1 (15-1/4 oz.) can apricot halves, undrained. Spoon puree into small paper cups or popsicle mold. Add popsicle sticks and freeze overnight. To unmold, run warm water around the outside of cups or mold.

ENJOY!

Purchasing Tips

Fresh apricots are available May to August. When selecting fresh apricots, look for plump, fairly firm fruit that is a golden orange color. Avoid those that are pale and yellow.

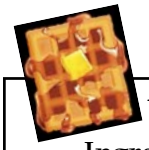
Nutrition Facts

Serving Size: 1 apricot (35g)

Amount Per Serving		
Calories 17	Calories from Fat 1	
		% Daily Value*
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	0 mg	0%
Total Carbohydrate	4 g	1%
Dietary Fiber	1 g	3%
Sugars	3 g	
Protein	0 g	

Vit. A	13%	Vit. C	6%
Calcium	0%	Iron	1%

* Percent Daily Values are based on a 2,000 calorie diet.



Apricot Pecan Waffles

Enjoy this easy, delicious and healthy breakfast this weekend!

Ingredients

- 1 pound fresh apricots*
- 1 cup low-fat vanilla yogurt
- 1 cup whole wheat flour
- 1 cup all purpose flour
- 2 teaspoon baking powder
- 2 teaspoon baking soda
- 1/2 teaspoon salt

- 3 tablespoon sugar
- 2 cups buttermilk
- 1 large egg yolk
- 1 tablespoon vanilla extract
- 1 tablespoon canola oil
- 1/4 cup finely chopped pecans
- 3 large egg whites

* 1 can (15 1/4 oz.) apricot halves may be substituted. Note: for an easy topping, mix 1/2 cup of juice or syrup w/ 1 cup vanilla low-fat yogurt.

Instructions

1. Heat waffle iron. Dice apricots. Combine both flours, baking soda, baking powder, and 1 Tbsp. sugar. Set aside.
2. Whisk together buttermilk, egg yolk, vanilla and oil. Stir into dry ingredients until just moistened. Fold in apricots and pecans.
3. Beat egg whites until soft peaks form; add remaining 2 Tbsp. sugar and continue beating until firm peaks form and egg whites are shiny.
4. Stir 1/4 of egg whites into waffle batter. Fold in remaining egg whites. Measure 2/3 cup batter for each waffle. Cook for 4 minutes.

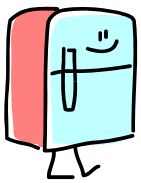
MAKES 8 servings.

Quick Serving Ideas

Apricots are delicious both raw and cooked:

- Raw: eat them out of your hand or add them to hot or cold cereal, a green salad, yogurt, cottage cheese, salsa or smoothies.
- If storing, squeeze a little lemon juice on them to prevent the flesh from darkening.
- Add chopped apricots to your whole grain pancake, waffle or muffin batter.
- Add dried, diced apricots to chicken or vegetable stews for a Middle Eastern flavor.
- Substitute apricots freely for peaches, mangos and nectarines.
- Use apricot puree as a substitute for oil in many high-calorie, high fat recipes.

Storage



Plan to use them as quickly as possible. Apricots taste better at room temperature and need to be refrigerated to prevent over ripening if not eaten immediately. Apricots are at their best when slightly soft.

Ripen: place firm fruit in a paper bag with an apple or banana.

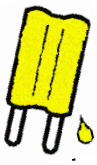
To Freeze: halve the fruit, remove the pits, and arrange the halves in one layer on a baking sheet and freeze. Then, pack them in a plastic freezer bag. Defrost and serve.

Created and supplied by Omaha Public Schools Nutrition Services division

Fruta del Mes:
Albaricoque

Hechos Graciosos

* Albaricoques originalmente vinieron de china y son 4,000 años viejos.
* !Toma acerca de 6 libras de Albaricoques para hacer 1 libra de Albaricoques secos!
* La leyenda dice que el jugo de albaricoque fue la bebida favorita de los dioses griegos y romanos.

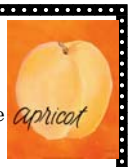


Paletas de hielo de Albaricoques para niños!

En una licuadora, puree 1 (15-1/4 oz.) mitades de albaricoque, sin escurrir. Vacie en vasos pequeños de papel o en moldes para paletas. Pongale palitos y congele toda la noche. Para sacar del molde, deje caer agua caliente afuera de los vasos o moldes.

Sugerencias de compra

Albaricoques frescos estan disponibles de Mayo a Agosto. Cuando los escoga, busque por rellenitos, duritos, que sean de color anaranjado dorado. Evite aquellos que sean palidos y amarillos.



Factores Nutricionales

Medida por porcion: 1 albaricoque (35g)

Cantidad por Porcion		
Calorias 17	Calorias de Grasa 1	
	% Valor Diario*	
Total en grasa	0 g	0%
grasa saturada	0 g	0%
Colesterol	0 mg	0%
Sodio	0 mg	0%
Total en Carbohidratos	4 g	1%
Fibra Dietetica	1 g	3%
Azucares	3 g	
Proteina	0 g	

Vit. A	13%	Vit. C	6%
Calcio	0%	Hierro	1%

* Valores de porcentajes diarios basados en una dieta de calorias de 2,000.

Waffles de Albaricoques con Nuez

!Disfrute este facil, delicioso y saludable desayuno esta semana!

Ingredientes

- 1 libra de Albaricoques frescos*
- 1 taza de yogur bajo en grasa d
- 1 taza de arina de trigo
- 1 taza de arina para todo propo
- 2 cucharaditas de arina para hornar
- 2 cucharaditas de bicarbonato
- 1/2 cucharadita de sal

- 3 cucharadas de azucar
- 2 tazas de "buttermilk"
- 1 yemas de huevo grandes
- 1 cucharada de extracto de vainilla
- 1 cucharada de aceite de canola
- 1/4 taza de nuez finamente picada
- 3 claras de huevo grandes

* 1 lata (15 1/4 oz.) de mitades de albaricoque puede ser substituida. Nota: Para una cobertura, mezclar 1/2 taza de jugo o syrup c/ 1 taza de yogur bajo en grasas de vainilla.

Instrucciones

1. Caliente la plancha para hacer waffles. Pique los albaricoques. Combine las dos arinas, bicarbonato, arina para hornear y 1 cucharada de azucar. Pongala a un lado.
2. Bata el "buttermilk", una yema de huevo, vainilla y aceite. Revuelva en lo ingredientes secos hasta que esten humedecidos. Doblados en albaricoques y nueces.
3. Bata las claras de los huevos hasta que se forme la capa; ponga las 2 cucharaditas de azucar que quedan y continue batiendo hasta que se vea brillosito.
4. Revuelva un 1/4 de las claras en la mezcla de los waffles. Ponga las claras que sobran. Mida 2/3 de taza de la mezcla por cada waffle. Cocine por 4 minutos. **HACE 8 porciones.**

Ideas rapidas para cocinar

Albaricoques son deliciosos crudos y cocinados:

- Crudos: comacelos de su mano o pongaselos al cereal frio o caliente, en una ensalada, yogur, queso cottage, salsa o licuados.
- Si los almacena, esprima un poco de jugo de limon para prevenir que se ponga negro.
- Ponga albaricoques picados a sus panqueques de grano entero, waffle o al batido para hacer panquecitos.
- Ponga albaricoques secos a estofados de vegetales o pollo para darle un sabor del medio oriente.
- Substituye albaricoques libremente por duraznos, mangos y nectarines.
- Use pure de albaricoque como substituto para aceite en mucho alta calorias, recetas altas en grasa.

Almacenamiento

Planee usarlos lo mas pronto posible. Albaricoques saben mejor a temperatura de ambiente y si necesitan refrigerarse para prevenir que se hechen a perder si no se comen inmediatamente. Alabaricoques estan mejor cuando estan ligeramente suaves.

Maduros: ponga fruta dura en una bolsa de papel con una manzana o platano.

Para congelar: Parta la fruta a la mitad, remueva las semillas y ponga las mitades en una charola de hornear. Despues, empaquelas en una bolsa. Descongele y sirva.

Created and supplied by Omaha Public Schools Nutrition Services division

Fruit of the Month:
Pink Lady Apple

Fun Facts About Apples

- The Pink Lady originated in Australia in 1973 as a cross between a Golden Delicious and a Lady Williams apple. It is crisp and crunchy with a tart yet sweet taste. It has a distinctive pink blush over a yellow background. It doesn't brown quickly after cutting, making it good for salads, baking and applesauce.
- 2500 varieties of apples are grown in the United States. 7500 varieties of apples are grown throughout the world.
- Why do apples float? 25% of an apple's volume is air!
- The largest apple picked weighed three pounds.
- Some apple trees will grow over 40 feet high and live over a hundred years.
- It takes the energy from 50 leaves to produce one apple.
- It takes about 36 apples to create one gallon of apple cider.

Apple Salad

- 3 medium apples (unpeeled), cut in chunks (try pink ladies)
- 1/2 cup crushed pineapple, drained
- 1/4 cup celery, diced
- 2 tablespoons raisins
- 3 tablespoons plain yogurt
- 2 teaspoons mayonnaise
- 1 tablespoon pineapple juice
- 1/8 teaspoon cinnamon

Combine apples, pineapple, celery, and raisins. Mix yogurt, mayonnaise, pineapple juice, and cinnamon together and blend into other ingredients. Makes: Four 1-cup servings.

Add an Apple to Your Day

- Apples can be eaten raw; added to salads; sautéed with cinnamon as a dessert topping; baked whole and stuffed; sautéed with pumpkin or other vegetables; or baked as a delicious apple pie, crisp, tart or crumble.
- Don't peel your apple. Two-thirds of the fiber and lots of antioxidants are found in the peel.

Activities for the Classroom!

1. Hands-on activities, go to:
http://www.urbanext.uiuc.edu/apples/education.html

2. Worksheets on apple counting, coloring, mazes, crosswords, connect the dots, matching, etc. go to:
http://www.waga.org/ed.html *(listed under "A Bushel Facts About Wisconsin Apples")*

3. Kids can play apple games online ***(TEACHERS:*** *some activities have printable versions for the classroom)*
http://www.applejuice.org/fungames.html

Apple Power Punch Smoothie

Makes 1 large super healthy smoothie!

- 1 Pink Lady, core removed, chopped
- 1 Kiwi, peeled, chopped
- 1 Banana, peeled, chopped
- 1/2 inch piece fresh ginger root, peeled, grated
- 2 tsp. honey (optional)
- 1 cup cranberry juice
- 1/2 cup plain yogurt
- 4 ice cubes

Place all ingredients in a blender and blitz for 30 seconds, or until smooth.

Nutrition Facts

Serving Size: 1 medium apple (138g)

Amount Per Serving		
Calories 72	Calories from Fat 2	
		% Daily Value*
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	1 mg	0%
Total Carbohydrate	19 g	6%
Dietary Fiber	3 g	13%
Sugars	14g	
Protein	0 g	

Vit. A	1%	Vit. C	11%
Calcium	1%	Iron	1%

* Percent Daily Values are based on a 2,000 calorie diet.

Just one apple provides as much dietary fiber as a serving of bran cereal. The antioxidants help fight the damaging effects of bad cholesterol.

Purchasing

Pink Ladies are available October through May. Look for apples that are firm, with shiny skin. Avoid those with soft spots, bruises, or discoloration.

Storage

Keep apples in a perforated plastic bag in the refrigerator. They should keep for six to eight months and become sweeter with time. Check fruit often for any signs of rotting and discard spoiled apples. Apples ripen six to ten times faster at room temperature than when refrigerated.

Created and supplied by Omaha Public Schools Nutrition Services division

Fruta del Mes:
Manzana Lady Apple

Información Divertida de las Manzanas

- La manzana Pink Lady se originó en Australia in 1973 como un cruce entre la Golden Delicious y la manzana Lady Williams. Es crujiente con un sabor fuerte pero dulce. Tiene un color distintivo rosado sobre una base amarilla. No se hace café tan rápido después de cortarla haciéndola buena para ensaladas, hornear y puré de manzana.
- Crecen 2500 variedades de manzanas en los Estados Unidos. 7500 variedades de manzanas crecen alrededor del mundo.
- ¿Porqué flotan las manzanas? ¡25% del volumen de la manzana es aire!
- La manzana más grande pesó tres libras.
- Algunos árboles de manzanas crecen más de 40 pies y viven mas de cien años.
- Toma la energía de 50 hojas producir una manzana
- Se lleva 36 manzanas para hacer un galón de jugo de manzana

¡Actividades para el Salón!

1. Para actividades ve a :
http://www.urbanext.uiuc.edu/apples/education.html

2. Hojas de trabajo para contar manzanas, colorear, laberintos, crucigramas, unir puntos, etc. ve a:
http://www.waga.org/ed.html *(enlistados como "A Bushel Facts About Wisconsin Apples")*

3. Los niños pueden jugar en línea ***(MAESTROS:*** *algunas actividades tiene versiones para imprimir para la clase)*

Información Nutricional

Tamaño de la Porción: 1 manzana mediana (138g)

Cantidad por porción		
Calorías 72	Calorías de Grasa 2	
		% Valor Diario
Total Grasa	0 g	0%
Grasa Saturada	0 g	0%
Colesterol	0 mg	0%
Sodio	1 mg	0%
Total Carbohidratos	19 g	6%
Fibra en la Dieta	3 g	13%
Azucares	14g	
Proteína	0 g	
Vit. A 1%	Vit. C	11%
Calcio 1%	Hierro	1%

* El porcentaje Diario de Valores es basado en una dieta calórica de 2,000 calorías.

Una sola manzana proporciona tanta fibra en la dieta como una porción de cereal de salvado. Los antioxidantes ayudan a pelear los efectos dañinos del colesterol malo.

Ensalada de Manzana

- 3 manzanas medianas (sin pelar), cortados en cuadritos (traten con las manzanas pink ladies)
- 1/2 taza de piña en trocitos, escurrida
- 1/4 taza de apio, en cuadritos
- 2 cucharadas de pasas
- 3 cucharadas de yogurt sin sabor
- 2 cucharadas de mayonesa
- 1 cucharada de jugo de piña
- 1/8 cucharadita de canela

Combine las manzanas, piña, apio y pasas. Mezcle el yogurt, mayonesa, jugo de piña y canela y mezcle con los otros ingredientes y bata. Hace cuatro porciones de 1 taza.

Agrega una Manzana a tu Día

- Las manzanas se pueden comer crudas; agregarse a las ensaladas, espolvoreadas con canela como postre; horneadas enteras y rellenas, sazonadas con calabaza u otros vegetales; u horneada como un delicioso pay de manzana, en empanada o tarta
- No peles la manzana. Dos tercios de la fibra que contienen muchos antioxidantes se encuentran en la cáscara.

Malteada con Poder de Manzana

¡Prepara una malteada grande y super saludable!

- 1 manzana Pink Lady, sin el centro, en trozos
- 1 Kiwi, pelado y picado
- 1 plátano pelado y picado
- 1/2 pulgada de raíz de jengibre fresca, pelada y rayada
- 2 cucharadas de miel (opcional)
- 1 taza de jugo de arándano
- 1/2 taza de yogurt sin sabor
- 4 cubos de hielo

Coloca todos los ingredientes en la licuadora por 30 segundos o hasta que se muela todo bien.

Compra

Las manzanas Pink Ladies están disponibles de octubre a mayo. Busca las manzanas que están firmes con la cáscara brillosa. Evita las que tienen áreas suaves, que se ven golpeadas o decoloradas

Almacenamiento

Guarda las manzanas en una bolsa de plástico perforada en el refrigerador. Ellas se conservan de seis a ocho meses y se hacen mas dulces con el tiempo. Revisa la fruta con frecuencia por señales de descomposición y tira las que no estén bien. Las manzanas maduran de 6 a 10 veces mas rápido a la temperatura ambiente que cuando están en refrigeración.

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Fruit of the Month: Grapefruit

Fun Facts

Grapefruit got it's name because it grows in clusters on the tree, just like grapes!

In 1962 a citrus company proposed changing grapefruit to a more appealing name to consumers, but there were so many protests from the public that the idea was abandoned.

No one knows for sure, but grapefruit is probably a natural mutation of the pomelo and another citrus fruit.

Grapefruit Sun

Fun for kids and adults!!

Ingredients

- Thick circular slices of grapefruit (peeling removed)
- The separated sections of an orange
- Two slices of kiwi
- Bing cherries or strawberries or kumquats

Directions:

- Wash all ingredients with care before cutting them.
- Use a thick circular slice of grapefruit as the base of the "sun."
- Use the separated orange sections for the sun's rays.
- Cut crosswise slices of kiwi for big, round eyes.
- Use a Bing cherry or kumquat or strawberry for the nose and a curve of cherry or kiwi or strawberry for the smile.

Purchasing Tips

- ✓ Grapefruit is a citrus fruit that is larger than most oranges. Grapefruit are available all year and come in several colors, including pink, red, white, and golden. The skins color is not a sign of ripeness; grapefruit are fully ripe when picked.
- ✓ Check out these popular varieties of Florida grapefruit:
  - * ***Marsh white***—white to amber colored flesh and almost seedless.
  - * ***Ruby Red***—pink to reddish colored flesh with few seeds.
  - * ***Flame***—red flesh and many seeds.
- ✓ Choose grapefruit that is glossy, round, smooth and heavy for its size. Avoid those with brown or soft spots.
- ✓ If you see grapefruit seed oil, it is much like olive oil in flavor and can be used in the same way.

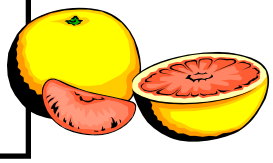
Make Grapefruit a Part of Your Meals!

- ✓ Any time of the day, eat grapefruit just like an orange by peeling it and dividing it into sections, or drink a glass of grapefruit juice.
- ✓ Put grapefruit segments on toothpicks as a fun snack for kids.
- ✓ Sweeten grapefruit with white or brown sugar or a bit of honey. You may add cinnamon, nutmeg or cloves.
- ✓ As an appetizer before dinner, grapefruit halves may be sweetened using the method above, then lightly broiled, and served hot, often topped with a maraschino cherry.
- ✓ Use the sections in fruit cups or fruit salads, in gelatins or puddings and tarts.
- ✓ Mix grapefruit juice with club soda for a refreshing drink.
- ✓ Try a refreshing vitamin C-packed shake or smoothie made with grapefruit juice.

Storage Tips

- ✓ Citrus can be stored at room temperature up to a week, but will last longer if stored in the refrigerator (~8 weeks). If desired, leave at room temperature for a few hours before eating.
- ✓ Freshly squeezed grapefruit juice stored covered in the refrigerator will retain 98% of its vitamin C for up to a week.

The pink or red varieties have more vitamins than the white.



Nutrition Facts

Serving Size: 1/2 medium (~4" diameter)

Amount Per Serving		
Calories 60	Calories from Fat 0	
		% Daily Value*
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	0 mg	0%
Total Carbohydrate	15 g	5%
Dietary Fiber	2 g	8%
Sugars	11 g	
Protein	1 g	

Vit. A	35%	Vit. C	100%
Calcium	4%	Iron	2%

* Percent Daily Values are based on a 2,000 calorie diet.

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Fruta del Mes:
Toronja

Datos Divertidos

¡ La toronja crece en racimos como las uvas!

En 1962 una compañía de cítricos propuso cambiar el nombre de toronja a otro nombre mas atrayente para los consumidores, pero hubo tantas protestas por el público que abandonaron la idea

Nadie sabe por cierto pero probablemente la toronja es una mutación natural del pomelo y otra fruta cítrica .

Sol de Toronja

¡Diversión para niños y adultos!

Ingredientes

- Rebanadas gruesas circulares de toronja (pelada)
- Gajos de naranja
- 2 rebanadas de kiwi
- Cerezas o fresas o naranjitas chinas

Instrucciones:

- Lava todos los ingredientes con cuidado antes de partirlos.
- Usa una rebanada circular gruesa de toronja para la figura del "sol."
- Usa los gajos de naranja para usarlos como los rayos.
- Corta rebanadas del kiwi para los ojos grandes.
- Usa una cereza, naranjita china o fresa para la nariz y la sonrisa.

Haz a la toronja parte de tus comidas

- ✓ A cualquier hora del día, come toronja como si fuera naranja, pélala y pártela en gajos o toma un vaso de jugo de toronja.
- ✓ Pon la toronja en gajos con palillos como un postre para los niños.
- ✓ Endulza la toronja con azúcar blanca o morena o un poco de miel. Algunos le agregan canela, nuez moscada o clavo.
- ✓ Como aperitivo antes de la cena, las mitades de la toronja pueden ser endulzadas usando el método de arriba y ligeramente asadas, se sirven calientes con una cereza encima.
- ✓ Usa gajos en tazas de frutas, ensaladas, gelatinas o budín y pastelillos.
- ✓ Mezcla el jugo de toronja con agua mineral para una bebida refrescante.
- ✓ Prueba una malteada con vitamina C-o un licuado hecho con jugo de toronja.

Consejos para almacenar

- ✓ Los cítricos pueden guardarse a la temperatura ambiente hasta por una semana, pero dura mas si lo pones en el refrigerador (8 semanas).
- ✓ El jugo fresco de toronja cubierto en el refrigerador mantiene 98% de su vitamina C hasta por una semana.

Consejos para comprar

- ✓ La toronja es una fruta cítrica que es mas grande que las naranjas. Hay toronjas todo el año y vienen en varios colores incluyendo, rosa, roja, amarilla y dorada. El color de la cáscara no es señal de madurez; la toronja está madura cuando la recogen.
- ✓ Checa estas variedades populares de toronjas de Florida:
  * ***Marsh blanca***— de pulpa blanca a ámbar y casi sin semillas.
  * ***Ruby Red***— pulpa rosa a rojiza y pocas semillas
  * ***Flama***— pulpa roja con varias semillas.
- ✓ Escoge toronjas que estén brillosas, redondas suaves y pesadas para su tamaño. Evita las que tienen color café o partes suaves.
- ✓ El aceite de semilla de toronja es como el de olivo en sabor y se usa de la misma forma.

Las variedades rosa o roja tienen mas vitaminas que la blanca

Información de Nutrición

Tamaño de la porción 1/2 mediana(4" diámetro)

Cantidad servida		
Calorías 60	Calorías de la grasa 0	
		% Valor Diario*
Total Grasa	0 g	0%
Grasa Saturada	0 g	0%
Colesterol	0 mg	0%
Sodio	0 mg	0%
Total Carbohidratos	15 g	5%
Fibra	2 g	8%
Azucares	11 g	
Proteína	1 g	
Vit. A 35%	Vit. C 100%	
Calcio 4%	Hierro 2%	

* Porcentaje de valores diario está basado en una dieta calórica de 2,000 calorías.

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Fruit of the Month:
Mandarin Orange

Description

"Mandarin oranges" actually applies to an entire group of citrus fruits , that can be sweet or tart, seedless or not, and can range in size from as small as an egg to as large as a medium grapefruit.

Q. Why did the guy get fired from the orange juice factory?
A. He couldn't concentrate!

Q. Why did the orange stop at the top of the hill?
A. Because it ran out of juice!

Purchasing Tips

Mandarin oranges are in season from Nov. to April . Select fruits that are unblemished and heavy for their size, which is a sign that it contains more juice.

Mandarins will feel soft and puffy compared to other oranges because of their loose skin. The skin will be deep orange, and slightly glossy. However, bright color is not always a sign of quality because some are dyed and some naturally have green patches even when fully ripe.

Substitutions

- When substituting *canned for fresh*, you will most likely need to drain them and may even wish to gently rinse them.
- When substituting *fresh for canned* , you may need to add water or simple syrup.
- One 11 oz. can equals 1-1/4 cups mandarin oranges.
- Mandarins can generally be substituted for oranges in most recipes. As with oranges, the juice and zest can also be used.

Healthy Mandarin Orange Cake!

INGREDIENTS– Serves 9

- 1/2 cup sugar
- 1 cup flour
- 1/4 cup egg substitute (equal to 1 egg, or 2 whites)
- 1 can mandarin oranges, drained
- 1 tsp. baking soda
- 1 tsp. Salt
- 2 Tbsp. oil (canola)
- 1 tsp. vanilla

TOPPING:

- 2 Tbsp. packed brown sugar
- 2 tsp. skim milk

Preheat oven to 350 degrees. Mix all ingredients, mashing the oranges, and pour into a 9-inch pan that has been sprayed with non-stick coating. Bake for 30-35 minutes.

Topping: Combine sugar and milk. In the microwave, heat on high until mixture starts to boil. Drizzle over hot cake.

Nutrition Facts

Serving Size: 1/2 cup canned

Amount Per Serving		
Calories 82	Calories from Fat 0	
		% Daily Value*
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	8 mg	0%
Total Carbohydrate	21 g	2%
Dietary Fiber	1.5 g	1%
Sugars	9 g	
Protein	1g	

Vit. A 3%	Vit. C 17%
Calcium 1%	Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet.

Storage

FRESH: Ideally they should be refrigerated to extend shelf life up to two weeks; however, they can be stored in a cool, dark spot for a few days.

CANNED: Store unopened cans on a shelf up to six months. Once opened, they should be refrigerated in a covered container and used within one week.

ORANGE JUICE & ZEST: Can be frozen and stored for a year in the freezer. The vitamin C will also be preserved.

Snacktime & Mealtime!

- Mandarin oranges of all kinds are primarily eaten out-of-hand, or use the sections in fruit salads, green salads, gelatins, puddings, on ice cream or cakes.
- Mandarins work well in sweet and sour sauces.

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Fruta del Mes:
Naranja Mandarina

Descripción

"Naranjas Mandarina" en realidad se aplica a todo un grupo de frutas cítricas, pueden ser dulces o ácidas, con o sin semillas, y varían en tamaño desde el tamaño de un huevo hasta el largo de una toronja mediana .

Q. ¿Por qué despidieron al muchacho de la fabrica de jugo de naranja?
¡Por que no pudo concentrarse!
Q. ¿Por qué la naranja se paró arriba de la colina?
A. ¡Porque se quedo sin jugo!

Consejos de Compra

Las Naranjas Mandarina están en temporada desde Nov. hasta Abril . Escoge frutas sin marcas y pesadas para su tamaño, señal que contienen mas jugo. Las Mandarinas se sienten suaves e hinchadas en comparación con otras naranjas por su cáscara suelta. La piel es muy anaranjada, y un poco brillosa. Aunque, el color brillante no siempre es un signo de calidad porque algunas son pintadas y otras tienen parches verdes aun cuando están completamente maduras..

Saludable Pastel de Mandarina

INGREDIENTES Porciones: 9

- 1/2 taza de azúcar
- 1 taza harina
- 1/4 taza sustituto de huevo (igual a 1 huevo o 2 claras)
- 1 lata mandarinas, escurridas
- 1 cdita. Bicarbonato de sodio
- 1 cdita. Sal
- 2 Cdas. aceite (canola)
- 1 cdita. vainilla

GLASE:

- 2 Cdas. Azúcar morena
- 2 cditas. Leche descremada

Pre-caliente el horno a 350 grados. Mezclar todos los ingredientes, machacando las mandarinas, y vacíe en un molde de 9-pulgadas que ha sido rociado con aceite. Hornear por 30-35 minutos.

Glasé: Combine la azúcar y la leche. En el microondas, caliente hasta que la mezcla comience a hervir. Rociar sobre el pastel caliente.

Sustituciones

- → Cuando sustituya *enlatada por fresca*, muy probablemente necesitara escurrirlas y quizás hasta enjuagarlas ligeramente.
- → Cuando sustituya *fresca por enlatada* , puede necesitar agregar agua o jarabe natural.
- → Una lata de 11 oz. equivale a 1-1/4 t de mandarinas.
- → Las Mandarinas pueden generalmente sustituirse por naranjas en la mayoría de las recetas. Como con las naranjas, el jugo y el zumo también se puede usar.

Contenido Nutricional

Tamaño de la porción: 1/2 taza enlatada

Cantidad por porción		
Calorías 82	Calorías de grasas 0	
	% Valor Diario*	
Total Grasa	0 g	0%
Grasa Saturada	0 g	0%
Colesterol	0 mg	0%
Sodio	8 mg	0%
Total Carbohidratos	21 g	2%
Fibra Dietética	1.5 g	1%
Azúcar	9 g	
Proteína	1g	

Vit. A	3%	Vit. C	17%
Calcio	1%	Hierro	2%

* Valores de Porcentaje Diario están basados en una dieta de 2,000 calorías.

Almacenaje

FRESCAS: Idealmente deben refrigerarse para extender su vida útil hasta dos semanas; aunque pueden almacenarse en un lugar fresco, oscuro por pocos días.

ENLATADAS: Almacenar latas sin abrir en una repisa hasta seis meses. Después de abiertas, deben refrigerarse en un contenedor cubierto y usarse en una semana.

JUGO Y ZUMO: Puede congelarse y almacenarse por un año. La vitamina C también se conservará.

¡Refrigerio y Hora de comer!

- → Las Mandarinas de todas clases se comen principalmente con las manos, o los gajos en ensaladas de frutas, gelatinas, pudines, helado o pasteles.
- → Mandarinas funcionan bien en salsas agridulces.

School Lunch — Quality Food, Quality Service

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Fruit of the Month:
Seckel Pear

What's a Seckel Pear?

- Seckels are tiny pears, with a chubby, round body, small neck, and short stem.
- They are believed by many to be the only truly American variety of pear in commercial production.
- They are thought to have originated as a wild seedling near Philadelphia. They were discovered in the early 1800's.

Pear Apricot Cobbler

4 cups peeled and sliced pears
1 cup cranberries
16 oz. can apricot halves, un-drained
1/2 cup sugar
1/2 tsp. cinnamon
1-1/4 cups flour
1/2 cup sugar
1 tsp. baking powder
1/4 tsp. salt
1/4 cup milk
1 Tbsp. butter, melted
2 eggs, beaten

Preheat oven to 350ºF. Grease a two-quart casserole and set aside. Combine pears, cranberries, un-drained apricots with sugar and cinnamon in a heavy saucepan. Cook over medium heat for 15 minutes until mixture is bubbling, stirring frequently. Meanwhile, in medium bowl combine flour, sugar, baking powder and salt and mix. In small bowl combine milk, melted butter and beaten eggs and beat. Stir into flour mixture until batter is smooth.

Pour the hot fruit mixture into the prepared casserole dish. Pour batter over fruit mixture. Bake at 350ºF for 20-25 minutes, until topping is golden brown and fruit is bubbling. Serves 8

Chicken Fruit Packets

- 1 lb. boneless, skinless chicken breasts, cut in 1" pieces
- 2 firm pears, cored and sliced
- 1 Granny Smith apple, cored and sliced
- 1/2 cup honey mustard salad dressing
- 2 Tbsp. chopped fresh thyme

Preheat grill.
Divide chicken, pears and apple among four 18x12 inch sheets of heavy duty aluminum foil.
Drizzle with dressing and sprinkle with thyme.
Fold foil over chicken and fruit. Fold edges over 1/2" and repeat. Make sure you allow space on sides of the packet for circulation and expansion during cooking. Place packets on grill and cover.
Grill over medium heat 10-15 minutes or until chicken is thoroughly cooked and no longer pink when cut in center.
Place packets on plates, cut large X across top, and fold back foil to serve.
Serves 4.

Storage Tips

- ✓ Ripen pears at room temperature in a sealed plastic bag with a couple of ripe bananas.
- ✓ When the pear is ripe, refrigerate until you are ready to eat it.

Purchasing Tips

Selection: Good-quality Seckel pears will be small or even bite-sized with no bruises and only a few minor scuff marks. The coloring will be green with dark-red blush or nearly all red. Pears are ripe when they take on a yellow hue and yield to gentle pressure at the stem end.
Avoid: Avoid product with soft spots or scars that are more than skin-deep. Product that is extremely hard will ripen best at room temperature.

Good source of Vitamin C and excellent source of fiber!

Nutrition Facts

Serving Size: 1 pear

Amount Per Serving		
Calories 100	Calories from Fat 7	
		% Daily Value*
Total Fat	1 g	2%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	0 mg	0%
Total Carbohydrate	25 g	10%
Dietary Fiber	6 g	24%
Protein	1 g	

Vit. A	0%	Vit. C	10%
Calcium	2%	Iron	2%

* Percent Daily Values are based on a 2,000 calorie diet

Snack Time & Mealtime!

Any way you slice a pear, you've got all the ingredients for a tasty, nutritious treat. Cubed, planked, poached or grilled, pears pack a potent punch of flavor, color and even fiber (6g or 24% of your daily recommendation in one medium pear)!

- Add pears on top of a lettuce salad for crunch instead of croutons!
- Replace recipes that call for apples with pears.
- Grilled pears are fast and an easy dessert.
- Pears are a great snack because they are very portable and can meet that craving for something sweet!

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Fruta del Mes:
Pera Seckel

¿Qué es una Pera Seckel?

- Las peras Seckel son pequeñas, de cuerpo carnoso, redondo, cuello chico y tallo corto.
- Muchos creen que es la única variedad de pera verdaderamente Americana en producción comercial.
- Se piensa que se originaron con una semilla Silvestre cerca de Filadelfia. Fueron descubiertas a principios de 1800's.

Paquetes de Pollo con Fruta

- 1 libra pollo sin hueso, sin piel. Pechugas, cortadas en pedazos de 2.5cm
- 2 peras firmes, sin centro y rebanadas
- 1 manzana verde, sin centro y rebanada.
- 1/2 taza aderezo para ensalada de mostaza con miel
- 2 Cda. Tomillo fresco picado.

Precaliente el asador.
Dividir pollo, peras y manzana entre cuatro hojas de aluminio de 45x30 cm.
Rociar con aderezo y esparcir tomillo.
Doble el aluminio sobre el pollo y fruta. Doble las puntas 1.5 cm. y repita.
Asegúrese de dejar espacio a los lados del paquete para circulación y expansión durante el cocimiento. Ponga los paquetes al asador y cierre.
Asador a temperatura media 10-15 minutos o hasta que el pollo este bien cocido y no rojo en el centro.
Coloque los paquetes en platos, corte una X grande en la parte superior y doble el aluminio para servir.
Sirve 4.

Postre Pera y Albaricoque al horno

4 tazas peras peladas y rebanadas
1 taza arandano
16 oz. mitades de albaricoque en lata, sin escurrir
1/2 taza azúcar
1/2 cdita. canela
1-1/4 tazas harina
1/2 taza azúcar
1 cdita. Polvo hornear
1/4 cdita. sal
1/4 taza leche
1 Cda. Mantequilla derretida
2 huevos, batidos

Precaliente horno a 350ºF. Engrase una cacerola de medio galón y deje a un lado. Combine peras, arandano, albaricoque sin escurrir con azúcar y canela en una olla. Cocine a temperatura media por 15 minutos hasta que burbujee, moviendo frecuente. Mientras tanto, en un tazón mediano combine harina, azúcar, polvo de hornear y sal. En un tazón pequeño combine leche, mantequilla derretida y huevos batidos y bata. Agregue la mezcla de harina hasta que este uniforme.
Vierta la mezcla de fruta caliente en la cacerola preparada. Vacíe el batido encima. Hornee a 350ºF por 20-25 minutos, hasta que este dorado y la fruta burbujeando. Sirve 8 porciones.

Consejos de Almacenaje

- ✓ Madure las peras a temperatura ambiente en una bolsa hermética de plástico con un par de plátanos maduros.
- ✓ Cuando la pera esta madura, refrigere hasta que la vaya a comer.

Consejos de Compra

Selección: Las peras Seckel de buena calidad son pequeñas o hasta tamaño-mordida sin marcas y solo con pocas raspaduras. De color verde con rubor rojo oscuro o casi toda roja. Están maduras cuando toman un tono amarillo y se cortan con una suave presión a la rama.
Evitar: Evite las que tienen pedazos suaves o marcas que mas profundas que la cáscara. Las que están muy duras se maduran mejor a temperatura ambiente.

¡Buena fuente de Vitamina C y excelente fuente de fibra!

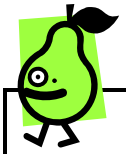
Información Nutricional

Tamaño de porción: 1 pera

Cantidad por Porción		
Calorías 100	Calorías de Grasa 7	
		% Valor Diario*
Total Grasa	1 g	2%
Grasa Saturada	0 g	0%
Colesterol	0 mg	0%
Sodio	0 mg	0%
Total Carbohidratos	25 g	10%
Fibra Dietética	6 g	24%
Proteína	1 g	

Vit. A	0%	Vit. C	10%
Calcio	2%	Hierro	2%

* Porcentaje de Valor Diario basado en una dieta de 2,000 calorías.



¡Refrigerio y a la hora de comer!

Como sea que corte una pera, usted tiene todos los ingredientes para un antojo sabroso y nutritivo. En cubos, placas, hervidas o asadas, las peras contienen un fuerte golpe de sabor, color y hasta fibra ¡(6g o 24% de la recomendación diaria en una pera mediana)!

- Ponga peras encima ensalada de lechuga para crujir en vez de crotones.
- Cambie las recetas que piden manzanas por peras.
- Las peras asadas son un postre rápido y fácil.
- Las peras son un gran bocadillo porque son portátiles y ¡satisfacen ese antojo de algo dulce!

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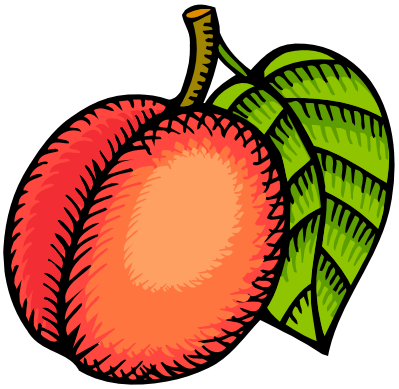

Fruit of the Month:
Nectarine

Fun Facts

- The nectarine got its start in China as a genetic variant of the common peach and is not a cross between the peach and the plum. One Chinese emperor was so enthralled with nectarines that he and his people referred to them as the "nectar of the gods".
- The nectarine came to America via Europe, and made its way to California over 130 years ago.

Purchasing

- California nectarines are available from late April to late August.
- Good quality nectarines will be fairly large, have smooth, unblemished skin and will be firm.
- Avoid too small, soft, pitted or bruised nectarines.

Preparation

1. Nectarines can be used and prepared in the same way as a peach, with no need to peel because they have no fuzz. Leave the skins on when making pies, cobblers and fresh fruit salads.
2. Ripen nectarines at home for 2-3 days at room temperature until they are slightly soft along the seam. Ripe fruit will have a sweet nectarine smell that is stronger when the fruit is at room temp.

Fruity Rainbow Salad

- 1 can unsweetened pineapple chunks
- 2 cups sliced fresh strawberries
- 1 can mandarin oranges, drained
- 1 cup fresh blueberries
- 1 cup sliced nectarines
- 1/4 cup lemon juice
- 1/4 cup honey
- 1/8 tsp. ground nutmeg

1. Drain pineapple, reserving 1/4 cup juice. In a bowl, combine pineapple, strawberries, grapes, oranges, blueberries and nectarines.
2. In another bowl, combine the lemon juice, honey, nutmeg and reserved pineapple juice. Pour over fruit. Mix gently. Cover and refrigerate for several hours or overnight.

Nectarine Salsa

- 3 ripe large nectarines, pitted and chopped
- 1/2 cup chopped white onion
- 2 Tbsp. fresh lime juice
- 2 tsp. finely chopped fresh Serrano chilies
- 1 tsp. finely chopped fresh cilantro
- 1 tsp. sugar
- 1/4 tsp. salt

Stir together all ingredients and let stand at room temperature, stirring occasionally. Let sit for one hour to allow flavors to develop.

Storage

- To speed up the ripening process, place nectarines in a paper bag and store loosely at room temperature. Once ripe, nectarines will keep in refrigerator for a week.
- Store ripe nectarines in refrigerator uncovered, and eat within three to five days.
- Keep them loosely packed to avoid mold growth. Handle them with care to avoid bruising.

Nutrition Facts

Serving Size: 1 medium (140 g)

Amount Per Serving		
Calories 70	Calories from Fat 0	
		% Daily Value*
Total Fat	.5 g	1%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	0 mg	0%
Total Carbohydrate	16 g	5%
Dietary Fiber	2 g	
Sugars	14g	
Protein	1 g	

Vit. A	4%	Vit. C	15%
Calcium	0%	Iron	2%

* Percent Daily Values are based on a 2,000 calorie diet.

Nectarines are low in fat, cholesterol-free, saturated fat-free and sodium free. They are a good source of fiber and Vitamin C.

Add Nectarines to Your Meals

- Keep washed nectarines out on counter for a few days. When needing a snack, just grab and go.
- Cut up fruit and add to any of your favorite salads to make a nice and tasty lunch.
- Add sliced nectarines to yogurts, cereal or ice-cream for a delicious treat.

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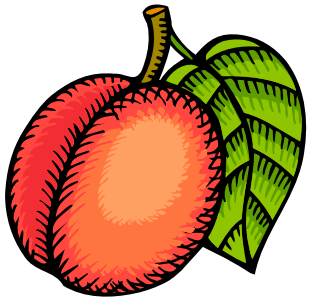

Fruta del mes:
Durazno

DATOS DIVERTIDOS

- El durazno empezó su existencia en China como una variante genética del melocotón común. El durazno no es un cruce entre el melocotón y la ciruela. Uno de los emperadores chinos estaba tan encantado con el durazno que el y su gente se referían al durazno como el "Néctar de los dioses".
- El durazno vino a América por Europa y llegó a California hace mas de 130 años.

COMPRA

- El durazno de California se consigue desde abril asta el final de agosto.
- Los duraznos buenos son grandecitos, tienen la cáscara suave sin manchas y es firme.
- Evite los duraznos pequeños, suaves y que estén lastimadas.

PREPARACIÓN

1. Los duraznos se pueden preparar de la misma manera que el melocotón sin necesidad de pelarlos porque no tienen pelusa. Deje las cáscaras cuando prepare tartas, y ensalada de fruta fresca
2. Madure los duraznos en la casa por 2 o 3 días a temperatura ambiente hasta que queden un poquito suavecitos. Los duraznos maduros tienen un olor mas fuerte cuando están a temperatura ambiente.

Ensalada de Fruta Arco iris

- 1 lata de piña en cuadritos
- 2 Tasas de fresas cortadas
- 1 taza de mandarinas pequeñas
- 1 taza de Arándanos (blueberries)
- 1 taza de duraznos cortados
- 1/4 taza de jugo de limón
- 1/4 Taza de miel
- 1/8 Cucharaditas de nueces

1. Escurra la piña y guarde 1/4 taza de jugo. En un Tazón, combine la piña, Fresas, uvas, duraznos, arándanos y mandarinas.
2. En otro Tazón, combine el jugo de limón, miel, nueces y el jugo de piña. Póngalo sobre la fruta. Mézclelos gentilmente. Cúbralo y póngalos en el refrigerador por varias horas o durante la noche.

Salsa De Durazno

- 3 Duraznos maduros grandes, cortados sin pepa.
- 1/2 Taza de cebolla cortada
- 2 Cucharaditas de jugo de limón
- 2 Cucharaditas de Chiles Serranos triturados
- 1 cucharadita de cilantro cortado en pedacitos.
- 1 Cucharadita de azúcar
- 1/4 cucharadita de sal

Mezcle todos los ingredientes y déjelos reposar a temperatura ambiente revolviéndolos ocasionalmente. Espere 1 hora mientras se producen los sabores.

Almacenamiento

- Para hacer que maduren mas rápido, guarde los duraznos en una bolsa de papel y déjelos en una habitación a temperatura ambiente. Cuando ya estén maduros, los duraznos se mantendrán maduros por 1 semana en el refrigerador.
- Guarde los duraznos maduros en el refrigerador descubiertos y consúmalos entre 3 a 5 días.
- No los apriete en la bolsa para que no salga moho.

Datos Nutricionales

Tamaño por porción: 1 mediano (140 g)

Cantidad Por Porción		
Calorías 70	Calories de grasa 0	
		% Valor Diario*
Grasa Total	.5 g	1%
Grasa Saturada	0 g	0%
Cholesterol	0 mg	0%
Sodio	0 mg	0%
Carbohidratos	16 g	5%
Fibra dietética	2 g	
Azúcar	14g	
Proteínas	1 g	
Vit. A 4%		Vit. C 15%
Calcio 0%		hierro 2%

* Porcentajes diarios están basados en una dieta de 2,000 calorías.

Los duraznos son bajos en grasa, sin colesterol y sin grasa saturada y sodio. Son una buena fuente de fibra y vitamina C.

Agrégale duraznos a tus Comidas

- Mantén los duraznos lavados sobre el mesón por algunos días. Puedes comerlos cuando quieras.
- Corta frutas y agrégala a cualquiera de tus ensaladas favoritas para hacer un almuerzo sabroso y agradable.
- Agrega duraznos cortados a yogures, cereal para hacer un delicioso bocadillo.

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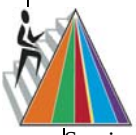
Fruit of the Month:
Yellow Watermelon

FUN FACTS:

- ✓ Watermelon, considered one of America's favorite fruits, is really a vegetable. They can range from seven to one hundred pounds.
- ✓ The world record for the largest watermelon grown is 255 pounds.
- ✓ Americans purchase and consume about three billion pounds of watermelon annually.
- ✓ Watermelons are more than ninety percent water. That is how it got its name.

Purchasing Tips

- ♦ Yellow watermelon will be firm, evenly shaped, heavy and have a deep-pitched tone when slapped with an open palm.
- ♦ You want to make sure the bottom part of the melon, the yellow part that has been sitting on the ground is nice and yellow.



Nutrition Facts

Serving Size: 1/2 cup

Amount Per Serving		
Calories 25	Calories from Fat 0	
		% Daily Value*
Total Fat 0 g		0%
Saturated Fat 0 g		0%
Cholesterol 0 mg		0%
Sodium 2 mg		0%
Total Carbohydrate 6 g		4 %
Dietary Fiber 1 g		
Sugars 6 g		
Protein 1 g		
Vit. A 6%	Vit. C 15%	
Calcium 0%	Iron 0%	

* Percent Daily Values are based on a 2,000 calorie diet.

Recipe

Watermelon & Tropical Fruit Salad

Ingredients:

1 cup low-fat sour cream
1/4 cup pineapple juice
1 tbsp. light brown sugar
1/2 tsp. vanilla extract
3 small pineapples
1/2 papaya cut into 1/2 in. chunks
1/2 mango cut into 1/2 in. chunks
1 cup yellow watermelon cut into 1/2 in. chunks
1/2 cup grapes (red and green)
1 nectarine pitted and cut into thin wedges
1/2 pint strawberries sliced
1/2 kiwi sliced thinly
1/2 starfruit sliced thinly
1/4 cup macadamia nuts toasted & chopped

Dressing:

In a small bowl, mix the sour cream, pineapple juice, brown sugar, and vanilla until well blended. Cover & refrigerate until ready to use.

Salad:

Cut the pineapples in half lengthwise. Remove fruit from the shell using a serrated knife, leaving 1/4 in. thick shells. Keep shells chilled until ready to use. Cut pineapple into 1/2 in. chunks. In large bowl, gently mix all fruit. To serve, place the pineapple shells on a serving platter. Spoon the fruit in shells. Sprinkle with macadamia nuts. Top with the sour cream mixture.

* Makes 6 servings.

I Want To Know Everything!

1. Yellow watermelon is sweeter than the red variety and also has a honeyed flavor. Yellow watermelon is typically smaller than red ones.
2. There is more vitamin C in yellow watermelons than in the red ones.
3. Yellow watermelons add a sweet flavor to fruit salads or when used in fruit drinks.
4. Yellow watermelon is available year round, but its peak time is from June to September.

Storage

* Simply store the whole yellow watermelon on the counter, but the melon portion you do not eat must be stored in the refrigerator.

Yellow watermelon is filled with antioxidants, which help prevent a variety of different diseases!

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Fruta del Mes:
Sandia Amarilla

HECHOS DIVERTIDOS:

- ✓ La sandia, considerada una de las fruta favoritas de América, es realmente un vegetal.
- ✓ Estos pueden pesar de siete a cien libras.
- ✓ La sandia mas grande con el record mundial peso 255 libras.
- ✓ Los americanos compran y consumen cerca de 3 billones de libras de sandia anualmente.
- ✓ Las sandias tienen mas de noventa porciento de agua. Así es como obtuvo su nombre.

Consejos para comprar

- ♦ La sandia amarilla tiene que estar firme, forma pareja, pesada y cuando le de una palmadita que suene hueco.
- ♦ Usted necesita asegurarse que la parte de amarilla de abajo donde se sienta en el piso este bien y amarilla.

Información Nutricional		
Tamaño de Porción: 1/2 taza		
Cantidad por porción		
Calorías 25	Calorías de grasa 0	
		% Valor Diario*
Grasa Total 0 g		0%
Grasa Saturada 0 g		0%
Colesterol 0 mg		0%
Sodio 2 mg		0%
Total de Carbohidratos 6 g		4%
Fibra Dietética 1 g		
Azucares 6 g		
Proteína 1 g		
Vit. A 6%	Vit. C 15%	
Calcio 0%	Hierro 0%	

* Porcentaje de Valor Diario basado en una dieta de 2,000 calorías. .

Receta

Ensalada de Sandia & Fruta Tropical

Ingredientes:

1 taza de crema baja en grasa
1/4 taza de jugo de piña
1 cuchda. de azúcar morena light
1/2 cuchda. extracto de vainilla
3 piñas pequeñas
1/2 papaya partida en pedazos de 1/2 in.
1/2 mango partido en pedazos de 1/2 in.
1 taza de sandia amarilla cortada en pedacitos de 1/2 in.
1/2 taza de uvas (rojas y verdes)
1 durazno sin semilla y partido en pequeñas rebanadas
1/2 pinta de fresas rebanadas
1/2 kiwi en rebanadas delgadas
1/2 "starfruit" en rebanadas delgadas
1/4 taza de nueces tostadas de macadamia y picadas

Aderezo:
En un tazón pequeño, mezcle la crema, jugo de piña, azúcar morena y vainilla hasta que estén bien mezclados. Cubra y refrigere hasta que este lista para usarse

Ensalada:
Corte las piñas a la mitad. Saque la fruta de la cascara usando un cuchillo serrado, dejando 1/4 in. de la cascara. Manténgala fría hasta que se valla a usar. Corte la piña en pedazos de 1/2 in. En un tazón grande, suavemente mezcle toda la fruta. Para servir, ponga la cascara de la piña en una charola. Ponga la fruta en la cascara. Rocié las nueces de macadamia. Vacié encima la mezcla de la crema.

* Sirve a 6 personas.

Necesito saber todo

1. La sandia amarilla es mas dulce que la roja y también tiene un sabor a miel. La sandia amarilla es típicamente mas pequeña que las rojas.
2. Hay mas vitamina C en la sandia amarilla que en las rojas.
3. Las sandias amarillas le dan un sabor dulce a las ensaladas de fruta o cuando se usa en bebidas.
4. La sandia amarilla esta disponible todo el año, pero la temporada es de junio a septiembre.

Almacenamiento

* Simplemente manténgalo en el mostrador, pero la porción que no coma tiene que refrigerarla.

¡La sandia amarilla esta llena de antioxidantes, el cual ayuda a prevenir una variedad de enfermedades!

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Fruit of the Month:
Pineapple

Pineapple History

- The Spanish called them "Pina" because they thought they looked like pinecones. The English then added "apple" to relate it to juicy, tasty fruits.
- The native tribes of Central America called it "nana", meaning flavor. It was even called "the nana of nanas": the flavor of flavors.
- Its spiky plant was used to create a protective hedge around villages. They were also used in the rites of passage from adolescence to adulthood, during which young men had to clear them with courage and stoicism.
- Caribbean Indians placed pineapples or pineapple crowns outside the entrances of their homes to symbolize friendship or kindness.

Easy Pineapple Salsa

This salsa is a delicious addition to a meal with fish, seafood, pork or chicken.

- 1 cup diced fresh pineapple
- 2 Tbsp. minced red onion
- 2 tsp. chopped cilantro
- 2 Tbsp. minced red bell pepper
- 1 Tbsp. lime juice
- Dash salt

Combine all ingredients. Cover and refrigerate. Makes about 1 cup of salsa.

PURCHASING TIPS

- Pineapples can weigh as much as 20 pounds, but most pineapples in the stores only weigh 3 to 9 pounds!
- Pineapple is available year-round, with a peak season from March to July. Choose one that feels heavy for it's size with bright, shiny green leaves. The rind can be dark green, yellow, or reddish yellow, and should be free of bruises or brown spots.
- If ripe, the leaves will pull out easily from the top and will have a fragrant scent.
- 1 medium pineapple of 2 lbs. makes about 3 cups cubed.

Storage Tips

- Whole fresh pineapple can be stored at room temperature for 1-2 days, but is very perishable so it should be consumed as soon as possible. It can be placed in a perforated plastic bag and stored in the refrigerator for 4-5 days.
- It can be peeled and sliced or cubed and stored in an airtight container in the refrigerator for 2-3 days.
- To FREEZE: Slice or cube pineapple and place in an airtight, freezer bag in its own juice. When frozen, it has a tendency to loose some of its flavor.

Add Pineapple to Your Meals!

- Pineapple is excellent on its own, in fruit salads, punches, ice cream, or other desserts. It's also a great addition to tuna or chicken salad.
- If you don't have time to cut a fresh pineapple, buy the fresh cored pineapple at the store. It's just as good.
- ***CAREFUL!*** Fresh pineapple contains an enzyme that breaks down protein in products like milk, gelatin, meat, and cottage cheese usually making them watery when fresh pineapple is added. ***SOLUTION!*** Canned or boiled fresh pineapple can be used with these products without a problem because the heat kills the enzyme.
- Sliced and sautéed in butter, it goes well with ham, pork, chicken, and seafood.
- Pineapple is an ingredient in most sweet and sour dishes.
- Try grilling slices of fresh pineapple! It only takes a few minutes, and you'll love it!
- ***CAREFUL!*** Pineapple chunks must be added to salad at the last minute since they will wilt greens quickly.

Just 2 fresh slices has 60 calories & 25% of your daily recommended Vitamin C!

Nutrition Facts

Serving Size: 2 slices pineapple

Amount Per Serving		
Calories 60	Calories from Fat 1	
		% Daily Value*
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	1 mg	0%
Total Carbohydrate	11 g	4%
Dietary Fiber	1 g	5%
Sugars	8 g	
Protein	0 g	

Vit. A	1%	Vit. C	25%
Calcium	1%	Iron	1%

* Percent Daily Values are based on a 2,000 calorie diet.

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Fruit of the month: Plantain

What's the Difference Between a Plantain & a Banana?

Plantains tend to be more firm, flat, and long and they are lower in sugar content. As it ripens, it becomes sweeter as its color changes from green to yellow to black, just like a banana. Unlike banana which are avoided when under or overripe, plantains are used at any stage depending on the dish you're making:

1. Green plantains are firm and starchy resembling potatoes in flavor.
2. Yellow plantains are softer and starchy, but sweet.
3. Extremely ripe plantains are black, which is much sweeter than the earlier stages and work well for sweet dishes.

If they're green or slightly yellow, plantains behave somewhat like potatoes, so you can do potato-ish things to them– boil, mash, bake, throw into stews, even deep fry and turn into plantain chips. They're easiest to cook before peeling—if you leave a slit in the peel, it'll usually fall off easily after cooking. Probably the easiest, although not the best tasting way to cook a plantain is to cut off both ends, slit the peel and stick it in the microwave for five minutes. It goes fairly well with common baked potato toppings that way.

Purchasing Tips

Careful: the juice from peeling the plant can stain clothing and hands, and be very difficult to remove.

This is the "vegetable" banana served with fish and poultry. Its flavor is slightly sour and is a bit like a sweet potato.

Plantains are never eaten raw, due to its high starch content that is indigestible, unless it is very ripe where the skin is completely black. Plantains can be used for cooking at any stage of ripeness, and very ripe plantain can be eaten raw. The thick skin ranges in color from green before ripening to yellow and then brownish-black as it fully ripens. Its flesh is light pink or light salmon in color and darkens as it ripens. As it ripens the starch turns to sugar, making it sweet enough to use in desserts.

Nutrition Facts

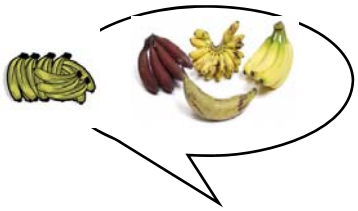
Serving Size: 1 cup plantain, sliced, cooked

Amount Per Serving		
Calories 179	Calories from Fat 2	
		% Daily Value*
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	8 mg	0%
Total Carbohydrate	48 g	16%
Dietary Fiber	4 g	14%
Sugars	22 g	
Protein	1 g	

Plantain Pancakes, Caribbean-Style

- 2 cup flour
- 3 firm, yellow plantains
- 1 Tbsp. baking powder
- 2 Tbsp. butter
- A pinch of salt and white pepper
- Oil for frying

1. Peel the plantains and cook in boiling water until tender; about 30 minutes; .
2. Chop the plantains coarsely; mash with the butter, either by hand or in a blender
3. Season with salt and pepper; add the flour and baking powder; cool;'
4. With your hands, form into little pancakes about 1" in diameter;
5. Fry in hot oil on both sides until nicely browned;
6. Drain on paper towels and serve hot.



Look for a non-uniform green skin which may have some lighter sections

Purchase when green or yellow w/ black spots if being used for cooking. Do not buy them

Rich in potassium, calcium, and vitamin A, B, & C.

In the oven: Wash it, but keep the skin on. Place as is in a 350 degree oven for 45-60 minutes. Remove the skin and season with a little butter and brown sugar.

Boiled: Cut off both ends and make a cut down the entire length without cutting into the pulp. Drop into boiling salted water for a few minutes. Then remove the skin (it will come off easily): this is an important step to take away all the plantain's bitterness. Return the peeled plantain to the boiling water. Check for doneness: it is cooked when the point of a knife will pierce it easily. (Cook it slightly less if you wish to pan fry it so it will retain its shape.)

Remove and drain. It can then be mashed or sautéed in butter or oil like a potato.

Storage

Keep at room temperature until ripe; refrigerate if the plantains become very soft.

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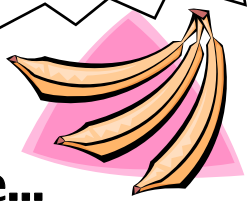
Fruit of the month:
Red Banana

Low-fat, sodium free, source of fiber and potassium, source of Vitamin B6 and cholesterol free!



FUN FACTS

1. Alexander the Great discovered bananas in his conquest of India in 327 B.C.
2. Bananas don't grow on trees. They grow on water-filled leaf stalks that grow up to 25 feet high.
3. The average person eats 33 lbs. of bananas a year.
4. The red banana is also known as the Jamaican banana.
5. In many Latin American and Asian countries, banana leaves are used in place of plates. The leaves work well as wrappers in place of aluminum foil for holding and steaming foods.

Tell me more...

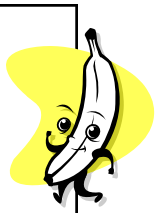
- Red bananas are smaller in size than a common banana.
- Red bananas have a creamy white-to-pink flesh, with a slight raspberry-banana flavor.
- The overall taste of a red banana is similar to a common yellow banana; just a little sweeter.
- Red bananas can be cooked by baking, frying, boiling, steaming, and sautéing.
- Bananas are the world's largest herb.
- You can freeze red bananas. Just peel and store in plastic bags for up to 6 months.
- As the red banana ripens, the starch in the fruit turns to sugar.

Recipe

Pink Banana Pancakes

Ingredients: Makes 12-16 pancakes.
1 1/2 cup prepared pancake batter (use pancake mix for 12-16 pancakes)
1 pkg. Jello any red flavor
1/2 cup chopped red bananas

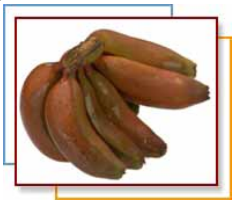
Directions:
Add gelatin to prepared pancake batter in bowl. Mix gelatin and pancake batter together with spoon until mixture is all the same color. Gently stir in bananas. Cook pancakes, following package directions.



Storage

Red bananas need to be stored at room temperature.

Purchasing and Cooking Tips



- Select firm bananas that are free from bruises or cracks in the peel and look for a deep purple color.
- The red bananas are available all year round.
- Red bananas will ripen in a couple of days at room temperature.
- Be sure to peel fruit prior to eating.
- Red bananas are most frequently used for cooking, but is also eaten whole raw or chopped and added to desserts, cereals, or fruit salads.
- Red bananas are used in savory dishes to add a sweet flavor and chewy texture.
- Drying bananas increases their sweetness and produces a nutritious but high calorie snack.

Nutrition Facts

Serving Size: 1 medium banana

Amount Per Serving		
Calories 110	Calories from Fat 0	
		% Daily Value*
Total Fat 0g		0%
Saturated Fat 0 g		0%
Cholesterol 0 mg		0%
Sodium 0 mg		0%
Total Carbohydrate 29 g		10%
Dietary Fiber 4 g		16%
Sugars 21 g		
Protein 1 g		
Vit. A 0%	Vit. C 15%	
Calcium 0%	Iron 2%	

* Percent Daily Values are based on a 2,000 calorie diet.

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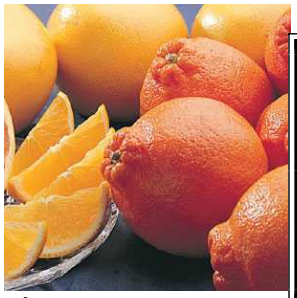

Fruit of the Month:
Tangelo

What is it?

* The tangelo is a citrus fruit that is a hybrid of a tangerine and a grapefruit. The fruit looks like a good sized orange and has a tangerine taste, but juicier.
* Tangelos generally have loose skin and are easier to peel than oranges.
* Tangelos are a great source of Vitamin C.

Purchasing Tips

- Tangelos are available from November to February.
- Tangelos should be soft, heavy for their size and have smooth skin. It should be orange, nearly red color. Avoid tangelos with dull colors or rough, bumpy skin.

Make Tangelos a Part of Your Meals!

- Add tangelo segments to coleslaw or tuna salad for an unexpected, delicious and colorful treat.
- Tangelos are best eaten raw. They are easy to peel and full of juice.
- They can be eaten as a snack or added to salads.

Custard apple, tangelo & banana sundaes

* 1 medium just-ripe custard apple
* 1 tsp. lemon juice
* 1/2 cup reduced fat thick natural yogurt
* 1 tsp. honey
* 2 medium ripe bananas, sliced
* 2 tangelos, peeled and chopped
* 1 Tbsp. of rainbow sprinkles

Directions:

1. Halve custard apple and scoop flesh into a medium bowl, discarding seeds. Add lemon juice and stir to combine. Stir in yogurt and honey.
2. To serve, layer custard apple mixture, bananas and tangelos in four serving glasses. Sprinkle with rainbow sprinkles and serve immediately.

storage

Tangelos can be stored at room temperature for a few days or stored in the refrigerator for longer periods. Tangelos do not freeze well.

Tangelo Pork Stir-Fry

◊ 2 tangelos
◊ 2 tsp. toasted sesame oil
◊ 1 lb. pork tenderloin
◊ 2 medium shallots
◊ 2 cloves garlic
◊ 2 Tbsp. minced fresh ginger
◊ 1/4 tsp. crush red pepper
◊ 2 red bell peppers
◊ 2 stalks celery
◊ 2 Tbsp. reduced-sodium soy sauce
◊ 1 Tbsp. rice vinegar
◊ 2 tsp. cornstarch

1. Using a vegetable peeler, remove zest from tangelos in long strips. Cut the strips into thin pieces lengthwise. Cut the tangelos in half and squeeze enough juice from them to get 1/2 cup.
2. Heat a very large wok or skillet over medium-high heat. Swirl in 2 tsp. oil, then add pork and cook, stirring, until just cooked, 2 to 3 minutes. Transfer to a plate.
3. Add the remaining 1 tsp. oil to the pan along with shallots, garlic, ginger, crushed red pepper and the zest. Cook, stirring for 1 minute. Add bell peppers and celery and cook, stirring constantly, until crisp-tender, about 2 minutes. Stir in the tangelo juice and soy sauce; bring to a simmer. Cook for 1 minute.
4. Whisk vinegar and cornstarch in a small bowl, then pour it into the pan along with the pork and its juices. Cook, stirring often, until thickened and bubbling and the pork is heated through, about 1 minute.

Nutrition Facts

Serving Size: 1 medium (131 g)

Amount Per Serving		
Calories 60	Calories from Fat 0	
		% Daily Value*
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	0 mg	0%
Total Carbohydrate	15 g	5%
Dietary Fiber	3 g	14%
Sugars	12 g	
Protein	1 g	

Vit. A	6%	Vit. C	120%
Calcium	6%	Iron	0%

* Percent Daily Values are based on a 2,000 calorie diet.

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Fruit of the Month:
Coconut

FUN FACTS: Before toilet paper, coconut shells were used in early Hawaii instead!

- A coconut is the largest known seed in the world. Once a coconut falls from a palm tree, it takes about 3 years for the seed to take root and sprout into a new tree.

- The tallest coconut tree stands in Hilo at 92 feet 5 inches tall!

- Early Spanish explorers called it coco, which means "monkey face" because the three indentations (eyes) on the stringy seed resembles the head and face of a monkey!

Purchasing Tips

- Coconuts are available year round and can be purchased fresh, dried, canned, or frozen.
- Coconuts are sold both in the husk (tan or green –colored thick outer shell); or they are removed from the husk, with a stringy dark brown shell. Either form of coconut should feel heavy and dry.
- Be sure you hear the liquid sloshing inside when you shake the fruit.

Nutrition Facts

Serving Size: 1 cup raw, shredded (80g)

Amount Per Serving		
Calories 283	Calories from Fat 224	
		% Daily Value*
Total Fat	27 g	41%
Saturated Fat	24 g	119%
Cholesterol	0 mg	0%
Sodium	16 mg	1%
Total Carbohydrate	12 g	4%
Dietary Fiber	7 g	29%
Sugars	5 g	
Protein	3 g	

Vit. A	0%	Vit. C	4%
Calcium	1%	Iron	11%

* Percent Daily Values are based on a 2,000 calorie diet.

Quick Coconut Bread

A Terrific Breakfast Treat Sliced and Toasted!

INGREDIENTS

- 3 c. flour
- 1 c. sugar
- 1 Tbsp. baking powder
- 1 egg
- 1/2 tsp. salt
- 1 tsp. vanilla
- 1 1/2 c. milk
- 1 c. toasted grated coconut**

PREPARATION

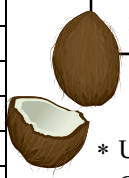
1. Preheat oven to 350 degrees. Butter & flour a loaf pan.
2. Sift flour, baking powder, and salt together. Stir in coconut.
3. Beat egg until foamy. Add milk and vanilla to egg. Stir into dry ingredients. Mix well without beating.
4. Pour into loaf pan and bake 1 hour.

** To toast in the oven: spread grated coconut out in an ungreased shallow baking pan and toast uncovered, stirring often, 30-40 minutes at 300 ℉ until golden.

** To toast in the microwave: Spread 1 cup flaked coconut in a glass pie pan. Microwave, uncovered, on HIGH for 2 minutes, stir and microwave 3 to 4 minutes longer, stirring every minute until golden.

Basic Preparation

1. Rinse the outer shell of the coconut with cool water only just before preparing.
2. To remove the white part of the coconut (meat), pierce one or more of the eyes. To keep the liquid, drain it through a fine-mesh strainer.
3. Place the coconut in a 350 ℉ oven for 15-20 minutes. Remove, & firmly tap the coconut with a hammer and ice pick to crack open the shell. Crack it in several places and remove as much of the shell as possible.
4. You may eat coconut directly from the shell, but to remove the meat insert a sharp knife between the meat and the shell or slash the flesh and lift from the edge.
5. Prior to grating, remove the brown tissue stuck to the meat to keep that snow white color. The easiest way to remove this is with a knife or vegetable peeler while still warm.
6. To grate or shred the meat, you can use a food processor, hand grater, or salad maker. (An average coconut will give you 3 to 4 cups of grated coconut.)



Storage

* Unopened coconuts last several weeks.
* Coconut meat keeps in an airtight container in the refrigerator for 10 days, freshly grated coconut keeps for 3-4 days.
* ***Freezing:*** Peel & wash whole pieces of coconut. If desired, sprinkle lightly w/ sugar (~1 Tbsp. per 4 cups). For every 2 cups grated, add 2 Tbsp. sugar. Mix well, and pack into freezer bags/containers. Frozen coconut lasts 8-12 months.

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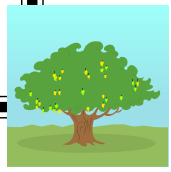
Fruit of the Month:
Mango



FUN FACTS:

- ✓ The mango is known as 'king of the fruit' throughout the world.
- ✓ Approximately 50% of all tropical fruits produced worldwide are mangos.
- ✓ Mango trees are evergreens that will grow to 60 ft. tall.
- ✓ The mango originated in Southeast Asia where it has grown for over 4000 years.

Recipe

Tropical Couscous (8 servings)

- ✓ 2 1/4 cups fresh orange juice
- ✓ 1 tsp. ground cumin
- ✓ 1 box (10 oz) couscous
- ✓ 2 Tbsp. olive oil
- ✓ 2 Tbsp. reduced-sodium soy sauce
- ✓ 2 Tbsp. fresh lime juice
- ✓ 1/4 cup chopped fresh cilantro
- ✓ 2 Tbsp. chopped fresh basil
- ✓ 2 Tbsp. chopped fresh chives
- ✓ 1 tsp. grated fresh ginger
- ✓ 1 mango, peeled, pitted and chopped
- ✓ 1/4 cup pine nuts, toasted

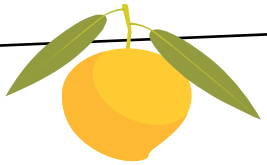
1. Bring orange juice and cumin to boiling in a medium-size sauce pan. Add couscous and cover. Remove from heat and let stand for 5 minutes. Remove to a large bowl; cool.
2. Mix olive oil, soy sauce and lime juice in a small bowl.
3. Stir into couscous. Stir in cilantro, basil, chives, ginger, mango and orange juice. Sprinkle with pine nuts.

Purchasing Tips

- ♦ Mangos can be considered ready-to-eat when slightly soft to the touch and yielding to gentle pressure. The best flavored fruit have a yellow tinge when ripe; however, color may be red, yellow, green or orange.
- ♦ Mangos are available in fresh, canned and dried forms.
- ♦ Mango season is May through September.
- ♦ Generally, once ripe, mangos have an orange-yellowish peel and are juicy for eating.

I Want To Know Everything!

1. The flavor of the mango is described as a delicate blend of peach, pineapple and apricot flavors.
2. A ripe mango will have a dull, fruity aroma emitting from the stem end.
3. Mangos are bursting with protective nutrients. The vitamin content depends on the variety and maturity of the fruit. When the mango is green, the amount of Vitamin C is higher and as it ripens, the amount of Vitamin A increases.
4. Mangos contain an enzyme with stomach soothing properties. These enzymes act as a digestive aid.
5. Mangos are rich in dietary fiber and carbohydrates.
6. The fruit flesh of a ripe mango is very sweet, with a unique taste.



Nutrition Facts

Serving Size: 1 cup, sliced (165 g)

Amount Per Serving	
Calories 107	Calories from Fat 4
	% Daily Value*
Total Fat 0 g	1%
Saturated Fat 0 g	1%
Cholesterol 0 mg	0%
Sodium 3 mg	0%
Total Carbohydrate 28 g	9%
Dietary Fiber 3 g	12%
Sugars 24 g	
Protein 1 g	

Vit. A 25%	Vit. C 76%
Calcium 2%	Iron 1%

* Percent Daily Values are based on a 2,000 calorie diet.

Storage

- * To ripen a mango, leave out at room temperature on the kitchen counter. Once ripened, the mango can be refrigerated for a few days.
- * Shelf life is 1-2 weeks in the refrigerator.

Deliciously rich in anti-oxidants, potassium and fiber—the mango is the perfect fruit!

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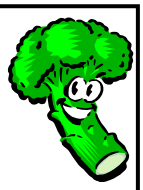
Vegetable of the Month:
Broccolini

Broccolini History



- It is actually a natural hybrid of the cabbage family, a cross between broccoli and Chinese Kale.
- Broccolini is also known by the name Asparation, Asparations, Baby Broccoli, and Tender Stem.
- The entire vegetable as sold, including the yellow flowers, may be eaten.
- Broccolini has a sweet, delicate flavor with a subtle peppery "edge".

Broccolini & Sugar Snap Pea Salad

6 ounces Broccolini, ends trimmed and cut in half
4 ounces sugar snap peas
1/2 cup red bell pepper, thinly sliced
1 cup baby spinach leaves, washed
1/4 cup green onions, thinly sliced

Vinaigrette:
1/4 cup olive oil
1 tablespoon cider vinegar
1 tablespoon Dijon mustard
Salt and pepper

Blanch* Broccolini and sugar snap peas. Set aside in bowl. Whisk vinaigrette ingredients together in separate bowl. Add julienne cut red bell pepper, spinach and slivered green onions to baby broccoli and sugar snap peas. Toss with vinaigrette. Add salt and pepper to taste. Serves 4. *To blanch: Add the vegetable to saucepan of boiling water. Boil for 1 minute; drain. Rinse with cold water and pat dry with paper towels.

Nutrition Information per Serving: Calories 163, Fat 14 g, Saturated Fat 2 g, Cholesterol 0 mg, Sodium 69 mg, Carbohydrates 8 g, Fiber 2 g, Protein 3 g, Iron 8%, Calcium 6%, Vitamin A 71%, Vitamin C 173%.

Garlicky Broccolini

1-1/2 pounds Broccolini
Salt
2 Tbsp. olive oil
4-5 cloves garlic, finely chopped

Trim Broccolini ends. Place into a skillet and cover with water. Cover and bring to a boil. Add salt and reduce heat. Simmer Broccolini 6-7 minutes, until tender and bright green. Drain the Broccolini and return the skillet to the stove over medium heat. Add olive oil to pan, then garlic. Cook garlic 2-3 minutes. Add broccolini back to the pan and coat in garlic. Serves 4.

Nutrition Information per Serving: Calories 138, Fat 7 g, Saturated Fat 1 g, Cholesterol 0 g, Sodium 200 mg, Carbohydrates 14 g, Fiber 2 g, Protein 6 g, Iron 9%, Calcium 13%, Vitamin A 86%, Vitamin C 272%.

Storage Tips

- Broccolini will stay fresher if kept clean and cold.
- Place vegetables in your refrigerator crisper. Set humidity control to "high".

A half cup offers as much vitamin C as orange juice. It also provides a substantial amount of folate, vitamin A and potassium, as well as some iron, calcium, vitamin B and fiber!

Add Broccolini to Your Meals!

The texture of the stem is less fibrous than broccoli or asparagus and does not need to be peeled prior to eating.

- Served raw it is tender, crunchy and well suited for dipping in your popular sauce.
- Blanch - In shallow pan, bring 2 cups of water to boil and add Broccolini. Let boil for 1 to 2 minutes until Broccolini turns bright green; drain. Rinse immediately with cold water to stop the cooking process.
- Boil - in plenty of salted water for about 4 minutes. Drain and serve at once.
- Sauté - with olive oil, yellow onions, and capers for an accompaniment to meat or seafood
- Microwave - Rinse Broccolini and place in a microwaveable bowl, cover. Microwave on "high" for 3-6 minutes.
- Grill - First blanch Broccolini; drain. Brush with favorite seasoning and place on grill. Tip: Wrap the flower in foil to prevent charring.
- Steam - In a steamer, bring water to boil, add Broccolini. Steam until Broccolini is tender, yet still crisp.
- Stir Fry - Add a ginger soy sauce to Broccolini and a selection of other fresh vegetables for a light meal.
- Add to: Couscous dishes, pastas, soups, vegetable trays, stews, quiches, macaroni-and-cheese, casseroles and salads.

Nutrition Facts

Serving Size: Eight stalks (82 grams)

Amount Per Serving		
Calories 35	Calories from Fat 0	
		% Daily Value*
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	25 mg	1%
Total Carbohydrate	6 g	1%
Dietary Fiber	1 g	4%
Sugars	2 g	
Protein	3 g	

Vit. A	30%	Vit. C	130%
Calcium	6%	Iron	4%

* Percent Daily Values are based on a 2,000 calorie diet.

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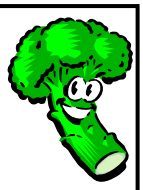
Vegetal del mes:
"Broccolini"

Historia del "Broccolini"



- En si, este es un hibrido de la familia de la col, una cruza de bróculi y col rizada china.
- El "Broccolini" también es conocido por el nombre de "Asparation", "Asparations", "Baby Broccoli" y Tallo Tierno.
- El vegetal entero como se vende, incluyendo las flores amarillas pueden comerse.
- Broccolini tiene un sabor dulce, delicado, sutilmente picante.

Ensalada de "Broccolini" & Chícharo Japonés

6 onzas de "Broccolini", sin la colita y partidos a la mitad
4 onzas de chícharo japonés
1/2 taza de pimiento rojo, rebanadas delgadas
1 taza de hojas de espinacas, lavadas
1/4 taza de cebolla verde, en rebanadas delgadas

Vinagreta:
1/4 taza de aceite de olivo
1 cucharada de vinagre de manzana
1 cucharada de mostaza de Dijon
Sal y pimienta

Escalde* el Broccolini y el chícharo japonés. Póngalo a un lado en un tazón. Bata los ingredientes de la vinagreta en un tazón separado. Añada el pimiento rojo, las espinacas y la cebolla verde al broccolini y a los chicharos japoneses. Revuelva con la vinagreta. Añada sal y pimienta al gusto. Sirve a 4 personas.
*Para Escaldar: Añada los vegetales en una cacerola con agua hirviendo. Hierva por 1 minuto; desagüe. Enjuague con agua fría y séquelo a palmaditas con una toalla de papel.

Información Nutricional por porción: Calorías 163, Grasa 14 g, Grasa Saturada 2 g, Colesterol 0 mg, Sodio 69 mg, Carbohidratos 8 g, Fibra 2 g, Proteína 3 g, Hierro 8%, Calcio 6%, Vitamina A 71%, Vitamina C 173%.

"Broccolini" con ajo

1-1/2 libra de "Broccolini"
Sal
2 cucharadas de aceite de olivo
4-5 dientes de ajo, picados finamente

Corte la colita del "Broccolini". Póngalo en un sartén y cúbralo con agua. Cúbralo y hiérvalo. Añada sal y reduzca el calor. Cueza el Broccolini de 6-7 minutos, hasta que este suave y este verde brilloso. Desagüe el Broccolini y regrese el sartén a la estufa a fuego medio. Añada aceite de olivo al sartén, luego el ajo. Cocine el ajo por 2-3 minutos. Añada el broccolini al sartén y cocínelo en el ajo. Sirve a 4.

Información Nutricional por porción: Calorías 138, Grasa 7 g, Grasa Saturada 1 g, Colesterol 0 g, Sodio 200 mg, Carbohidratos 14 g, Fibra 2 g, Proteína 6 g, Hierro 9%, Calcio 13%, Vitamina A 86%, Vitamina C 272%.

Consejos de almacenaje

- El "Broccolini" se mantendrá fresco si se mantiene limpio y frio.
- Ponga los vegetales en su refrigerador. Mantenga el control de la humedad en alto.

!La mitad de una taza ofrece tanta vitamina C como una de jugo de naranja. Este también provee una cantidad substancial de fóliate, vitamina A y potasio también como hierro, calcio, vitamina B y fibra!

!Añada "Broccolini" a sus comidas!

La textura del tallo es menos fibrosa que la del bróculi o esparrago y no necesita ser pelada antes de comerse.

- **Sírvalo crudo, es suave, crujiente y esta bien para comerlo con su aderezo preferido.**
- **Escaldado– En un sartén no muy hondo, ponga a hervir 2 tazas de agua y añada el Broccolini. Déjelo hervir de 1 a 2 minutos hasta que el Broccolini se ponga verde brilloso; desagüe. Enjuague inmediatamente con agua fría para detener el cocimiento.**
- **Hiérvalo - en agua salada por unos 4 minutos. Desagüe y sírvalo inmediatamente.**
- **Saeté - con aceite de olivo, cebolla amarilla y alcaparras para acompañarlas con carne o mariscos.**
- **Microondas - Enjuague el "Broccolini" y póngalo en un tazón que se pueda poner en el microondas, tápelo. Cocínelo en "alto" de 3-6 minutos.**
- **Asado - Primero escalde el "Broccolini"; Desagüe. Cepíllelo con su sazonador favorito y póngalo en el asador. Consejo: Envuelva la flor en papel aluminio para prevenir que se chamusque.**
- **A vapor - En una vaporera, hierva agua, añada el Broccolini. Déjelo hasta que el Broccolini este suave, pero crujiente.**
- **Frito - Añada salsa de soya con jengibre al Broccolini y una selección de otros vegetales frescos para una comida ligera.**
- **Añádalo a: platillos con Cuscús, pastas, sopas, bandejas de vegetales, guiso, "quiches", macarrones y queso, cacerolas y en saladas.**

Información Nutricional

Tamaño de porción: 8 tallos (82 gramos)

Cantidad por porción		
Calorías 35	Calorías de Grasa 0	
		% Valor Diario*
Grasa Total	0 g	0%
Grasa Saturada	0 g	0%
Colesterol	0 mg	0%
Sodio	25 mg	1%
Total de Carbohidrato	6 g	1%
Fibra Dietética	1 g	4%
Azúcar	2 g	
Proteína	3 g	

Vit. A 30% Vit. C 130%
Calcio 6% Hierro 4%

* Porcentaje de Valor Diario basado en una dieta de 2,000 calorías.

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Vegetable of the Month:
Tri-Colored Carrots

FUN FACTS

1. Research suggests that pigments in these colorful carrots, which taste just like regular carrots, may help prevent heart disease and cancer, and reduce cholesterol
2. Carrots are ninth among vegetable crops in the U. S.
3. The first carrots grown were for medicinal purposes.
4. Purple, red, yellow, black and white carrots have existed for hundreds of years.
5. The carrot is the second most popular vegetable in the world after the potato.
6. Carotenoids, which causes the carrot's color, are the most important source of vitamin A for people in the U.S.
7. Peak season: Mid-Autumn through early Spring

Tell me more...

- Yellow carrots help develop healthy eyes and aid in the fight against macular degeneration and may help prevent lung and other cancers.
- Red carrots help prevent heart disease and a wide variety of cancers including prostate cancer.
- Purple carrots help prevent heart disease and have good anti-inflammatory agents. They also contain very powerful antioxidants.
- White carrots are the least healthful of all the carrots because they lack pigment.
- Black carrots have anticancer compounds, as well as inhibitors of LDL (the bad) cholesterol. These carrots are also proven to have essential nutrients for hair growth.
- The first carrots ever grown were purple or red.

Recipe

Orange Glazed Carrots

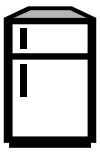
Ingredients:

4 cups julienne multicolored carrots
1/3 cup orange juice
2 Tbsp. sugar
2 tsp. cornstarch
1/2 tsp. salt

Directions:

In a microwave-safe dish, combine carrots and half the orange juice. Cover and microwave on high for 5-6 minutes. Combine the sugar, cornstarch, salt and remaining orange juice until smooth; stir in with carrots. Microwave, uncovered for another 2-3 minutes or until sauce has come to a boil and is thickened. Stir twice. Let stand for 5 minutes before serving.

Storage



Keep carrots in the coldest part of your refrigerator.

Purchasing and Cooking Tips

- Choose carrots that are firm, smooth, relatively straight and bright in color.
- Avoid carrots that are cracked, as well as limp and rubbery.
- Be sure to wash carrots before eating.
- Try this for a power sandwich: Spread whole wheat bread with peanut butter and top with raisins and shredded multicolored carrots for an interesting crunch and a hint of sweetness.
- Instead of French fries, try low-fat fries: Slice carrots lengthwise and coat with olive oil, salt and pepper. Roast in a 425° F oven for 30-40 minutes.
- Carrots should stay fresh in a cold refrigerator for up to two weeks.
- Good ways to cook carrots would be steaming, microwaving or baking.

Nutrition Facts

Serving Size: 128 g

Amount Per Serving		
Calories 52	Calories from Fat 3	
		% Daily Value*
Total Fat 0g		0%
Saturated Fat 0 g		0%
Cholesterol 0 mg		0%
Sodium 88 mg		0%
Total Carbohydrate 12 g		10%
Dietary Fiber 4 g		16%
Sugars 6 g		
Protein 1 g		
Vitamin A 428%	Vitamin C	13%
Calcium 4%	Iron	2%

* Percent Daily Values are based on a 2,000 calorie diet.

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Nutritious sources of vitamin A, potassium, vitamin C and folic acid.

Vegetal del mes:
Zanahorias Tri-colores

HECHOS GRACIOSOS

1. Estudios sugieren que los pigmentos en estas zanahoria de gran colorido, las cuales saben igual que la zanahoria regular, puede ayudar a prevenir enfermedades del corazón y cáncer, reducir el colesterol.
2. Zanahorias son el noveno cultivo de vegetales en los EEUU.
3. Las primera zanahorias que se cosecharon fueron para propósitos medicinales.
4. Las zanahorias moradas, rojas, amarillas, negras y blancas han existido por cientos de años.
5. La zanahoria es el segundo vegetal mas popular en el mundo después de la papa..
6. Los carotinoides, el color de la zanahoria, son los recursos mas importante de Vitamina A por persona en los EEUU.
7. Temporada: Mediados de otoño principios de primavera.

Dime más

- Zanahorias amarillas ayuda a desarrollar ojos saludables y ayuda en la lucha degeneración macular y puede ayudar a prevenir cáncer del pulmón y otros tipos de cáncer.
  Zanahorias rojas ayudan prevenir enfermedades del corazón y una amplia variedad de canceres incluyendo el cáncer de la próstata.
- Zanahorias moradas ayudan a prevenir enfermedades del corazón y tienen un buen agente anti inflamatorio. También contienen poderosos antioxidantes.
- Zanahorias blancas son las menos saludables por que no contienen pigmentación.
- Zanahorias negras tienen componentes anticancerosos al igual que inhibidores de LDL colesterol (malo). Estas zanahorias también prueban tener nutrientes esenciales para el crecimiento del cabello.
- Las primeras zanahorias eran moradas o rojas.

Receta

Zanahoria en Glaseado de Naranja

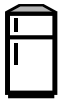
Ingredientes:

4 tazas de zanahorias multicolor julienne
1/3 tazas de jugo de naranja
2 cucharada de azúcar
2 cucharadita de maicena
1/2 cucharadita de sal

Direcciones:

En un plato que se pueda meter a micro-ondas, combine las zanahorias y la mitad del jugo de naranja. Tápelo y ponga en el microondas a temperatura alta por 5-6 minutos. Combine la azúcar, maicena, sal y el resto del jugo de naranja hasta que este suave; revuelva con las zanahorias. Ponga en el micro ondas, destapado por otros 2-3 minutos o hasta que la salsa hierva y este espeso. Revuelva dos veces. Déjelo adentro por 5 minutos antes de servir.

Almacenaje



Mantenga las zanahorias en la parte mas fría de su refrigerador.

Información Nutricional

Tamaño de Porción: 128 g

Cantidad por Porción		
Calorías 52	Calorías de Grasa 3	
		% Valor Diario*
Grasa Total 0g		0%
Grasa Saturada 0 g		0%
Colesterol 0 mg		0%
Sodio 88 mg		0%
Total Carbohidratos	12 g	10%
Fibra Dietética	4 g	16%
Azúcar 6 g		
Proteína 1 g		
Vit. A 428%	Vit. C 13%	
Calcio 4%	Hierro 2%	

* Porcentaje de Valor Diario basado en una dieta de 2,000 calorías.

Consejos para comprar y cocinar

- ◊ Escoja las zanahorias que estén firmes, suaves, relativamente derechas y brillantes en color.
- ◊ Evite las zanahorias que están agrietadas, al igual que incompletas o elásticas.
- ◊ Asegúrese de lavar las zanahorias antes de comerlas.
- ◊ Trate este como un emparedado de poder: Ponga crema de cacahuate en pan integral, pasas y zanahorias multicolores rayadas para un interesante toque dulce y crujiente.
- ◊ En lugar de papas fritas, trate papas fritas bajas en grasa: Rebane zanahorias, báñelas en aceite de oliva, sal y pimienta. Rostícelo en el horno en 425° F de 30-40 minutos.
- ◊ Las zanahorias deben estar frescas en el refrigerador por hasta dos semanas.
- ◊ Algunas maneras de cocinar zanahorias es cociéndolas, en el microondas o al horno.

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Recursos nutricionales de Vitamina A, potasio, Vitamina C y Acido fólico.

Vegetable of the Month: Curly Endive

What is Endive?

Curly endive, also called frisee or chicory, is crisp and curly with dark green leaves on the outside and light green leaves on the inside. These attractive greens add a nice peppery bite.

How Do You Eat Endive?

Curly endive is used mainly in salads, but can also be briefly cooked and eaten as a vegetable or in soups.

To Prepare: Refresh under cold water and blot dry; never soak.

***For a salad*:** combine green and white endive. **Serving Suggestions:** Make Lyonnaise salad by tossing together warm bacon bits, cut up curly endive, and vinaigrette dressing. Then top with a poached egg.

Steamed: Steam the endive for about 8 minutes with some apple wedges. Then, drizzle with oil & lemon juice, and season with fine sea salt and cinnamon.

Purchasing Tips

Curly endive is available year-round and peaks from June to October.
Look for firm, crisp heads without discoloration or insect damage. Avoid endive with brown discoloration, excessive dirt, or flabby, dry, yellowing leaves.

Nutrition Facts

Serving Size: 1/2 cup, chopped (25 g)

Amount Per Serving		
Calories 4	Calories from Fat 0	
		% Daily Value*
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	0 mg	0%
Total Carbohydrate	5 g	0%
Dietary Fiber	1 g	
Sugars	0 g	
Protein	0 g	

Vit. A	11%	Vit. C	50%
Calcium	1%	Iron	1%

* Percent Daily Values are based on a 2,000 calorie diet.

Nutty Endive Pizza

MAKES 4 SERVINGS

- 1 small red onion chopped (1/3 cup)
- 2 garlic cloves, minced
- 1 tablespoon olive oil or walnut oil
- 4 cups torn curly endive or spinach
- 1/4 teaspoon crushed red pepper
- 1 16-ounce pre-baked Italian bread shell
- 1 cup shredded Swiss cheese (4 ounces)
- 1/4 cup pine nuts or coarsely chopped walnuts, toasted
- 1 cup shredded Colby cheese (4 ounces)

DIRECTIONS

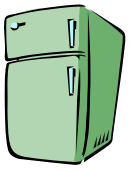
1. To toast nuts: Preheat oven to 350. Spread nuts in a single layer in a small baking pan. Bake until lightly browned, stirring once, about three to four minutes. Pine nuts brown very quickly; take care not to burn them.
2. In a medium skillet cook red onion and garlic in hot oil until tender but not brown. Add the endive or spinach and crushed red pepper. Cover and cook over low heat for 2 minutes.
3. Place bread shell on a 12-inch pizza pan or large baking sheet. Sprinkle Swiss cheese evenly over bread shell. Top with endive mixture and toasted nuts. Sprinkle Colby cheese over the top. Bake in a 425 degree F oven about 10 minutes or until cheese melts. Cut into wedges.

Holiday Salad

SERVES 12

- ½ head curly endive lettuce, chopped
- ½ head escarole, chopped (in the lettuce section, looks like this:
- ½ head romaine lettuce, chopped
- 4 cups apples, coarsely chopped and sprinkled with lemon juice
- 1 cup celery hearts, thinly sliced
- 1 cup walnuts (optional) or pecans, coarsely broken (optional)
- 1 cup dried sweetened cranberries (optional)

Toss together all ingredients. Serve with a dressing that suits your family tastes, like a balsamic vinaigrette.



Storage

- Store curly endive in plastic, tightly wrapped in the refrigerator for up to 3 days.
- To increase its keeping time, wash it, spin or shake it dry and wrap in a damp cloth.

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Vegetal del Mes:
Escarola

¿Qué es la Escarola?

La Escarola, también llamada Endibia, es crujiente y rizada con hojas verde oscuro en el exterior y hojas verde claro en el interior. Estos atractivos verdes agregan también un sabroso picante a la mordida.

¿Como se come la Escarola?

La escarola se usa principalmente para ensaladas, pero también puede cocinarse brevemente y comerse como vegetal o en sopas.

Para Preparar: Lavar bajo el chorro de agua fria y secar con servilleta absorbente; nunca remojar.

***Para ensalada*:** combine escarole verde y blanca. **Sugerencia para servir:** Prepare ensalada Leonesa combinando pedacitos de tocino tibios, escarola cortada, y aderezo de vinagreta . Ponga encima un huevo duro.

**** Al vapor:*** Cocine la escarola al vapor por unos 8 minutos junto con rebanadas de manzana. Después, rocíe con aceite y jugo de limón, sazone con sal de mar y canela.

Consejos de compra

La escarola esta disponible todo el año y su mayor consume es de Junio a Octubre. Busque que este firme, frescas cabezas sin decoloraciones ni daño de insectos. Evite escarola con manchas cafés, demasiada tierra, o con hojas blandas, secas o amarillas.

Pizza de Escarola con Nuez

PREPARA 4 PORCIONES

- 1 cebolla roja pequeña en trozos (1/3 taza)
- 2 dientes de ajo, picados
- 1 cucharada de aceite de oliva o de nuez
- 4 tazas de escarola cortada o espinaca
- 1/4 cucharadita pimienta roja machacada
- 1 corteza de pan Italiano pre-horneado de 16-onzas
- 1 taza de queso suizo rallado (4 onzas)
- 1/4 taza nueces o nuez de castilla en pedazos, tostadas
- 1 taza queso Colby rallado (4 onzas)

INSTRUCCIONES

1. Para tostar las nueces: Precaliente el horno a 350F. Separe las nueces en una sola capa en un molde para hornear chico. Hornee por 3 o 4 minutos hasta que estén ligeramente cafés, revuelva una vez. Las nueces se doran muy rápido; tenga cuidado de no quemarlas.
2. En un sartén mediano cocine la cebolla roja y el ajo en aceite caliente hasta que este suave pero no café. Agregue la escarola o espinaca y la pimienta roja. Tape y cocine a fuego lento durante 2 minutos.
3. Coloque la corteza de pan en una bandeja para pizza de 12-pulgadas o bandeja grande para hornear. Espolvoree parejo el queso suizo sobre la corteza de pan. Cubra con la mezcla de escarola y nueces tostadas. Espolvoree el queso Colby encima. Hornee a 425 F por 10 minutos o hasta que el queso se derrita. Corte en rebanadas.

Contenido Nutricional

Tamaño de porcion: 1/2 t, picada (25 g)

Cantidad por porción		
Calorías 4	Calorías de Grasa 0	
		% Valor Diario*
Total Grasa	0 g	0%
Grasa Saturada	0 g	0%
Colesterol	0 mg	0%
Sodio	0 mg	0%
Total Carbohidratos	5 g	0%
Fibra Dietética	1 g	
Azúcar	0 g	
Proteína	0 g	
Vit. A 11%		Vit. C 50%
Calcio 1%		Hierro 1%

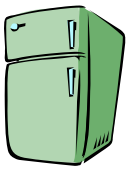
* Valores de Porcentaje Diario basados en una dieta de 2,000 calorías.

Ensalada de Fiesta

12 PORCIONES

- ½ cabeza de lechuga escarola, en trozos
- ½ cabeza de escarola, en trozos (en las lechugas, se ve asi:
- ½ cabeza de lechuga romana, en trozos
- 4 tazas de manzanas, en trozos grandes y rociada con jugo de limón
- 1 taza corazón de apio, finamente rebanado
- 1 taza nuez de castilla o nueces, rotas en pedazos grandes (opcional)
- 1 taza arandanos dulces secos (opcional)

Ponga todos los ingredientes juntos. Sirva con el aderezo favorito de su familia, como una vinagreta balsámica.



Almacenaje

- Guarde la escarola en el refrigerador hasta por tres días en plástico, forrándola apretada.
- Para aumentar su tiempo de conservación, lávela, séquela girando o sacudiendo y envuelva con un trapo mojado.

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Veggie of the month:
Turnip

FUN FACTS

1. The 1st jack o' lantern was made out of a turnip by the Irish.
2. Turnips are thought to be native to Western Asia and Europe, though no definitive origin is known.
3. Persians believed turnips were beneficial in treating the common cold.
4. A turnip looks larger than a radish and is a well known food source for both the root and greens.
5. In general, the smaller the turnip, the sweeter the taste.
6. The Mexican turnip is another name for jicama.
7. The turnip gets its name because it looked as though it was "turned on a lathe".

Tell me more...

- Create turnip relish, salsa or slaw by adding shredded or julienne turnips.
- You can freeze turnips and preserve flavor and nutrients. Just cut the turnips into cubes. Blanch for two minutes. Cool, drain and place in a freezer-safe container and freeze.
- Turnips can be eaten raw. They can be sliced into sticks or coins and eaten.
- Turnips are a great source of Vitamin B6, folate, calcium, copper and manganese.
- Turnips are available year-round, peaking in October through March.
- Turnips are popular in the Middle East, where they are pickled in vinegar with red beets which gives them a bright pink color.

Recipe

Crispy Turnip Fries (Serves 4)

- ◊ 1 1/2 lbs. turnips
- ◊ 1 1/2 tsp. vegetable oil
- ◊ 2 Tbsp. and 2 tsp. grated parmesan cheese
- ◊ 1/2 tsp. garlic salt
- ◊ 1/2 tsp. paprika
- ◊ 1/2 tsp. onion powder

1. Preheat oven to 425° F. Line a baking sheet with a piece of aluminum foil and lightly grease.
2. Peel the turnips and cut into French fry-sized sticks. Place into a large bowl and toss with the vegetable oil to coat. Place the parmesan cheese, garlic salt, paprika and onion powder in a resealable plastic bag and shake to mix. Place the turnips in the bag and shake until coated with the spices. Spread out on the prepared baking sheet.
3. Bake in oven for 20 minutes. Serve immediately.

Storage

Store in plastic bags in refrigerator such as in the crisper drawer.

Purchasing and Cooking Tips

- ◊ Good-quality turnips will be firm, smooth-skinned and heavy for their size. The coloring will be light-purple on the top fading to bright white at the bottom.
- ◊ Avoid product that is soft, spongy, blemished with brown spots, cut or lightweight for use.
- ◊ Turnips are great sliced or cubed in stews or salads.
- ◊ Try mashing turnips for a side dish or cut up and add to your favorite vegetable soups.
- ◊ Turnips should be cooked just to the tender point as overcooking takes away from their sweetness.
- ◊ Turnips are popular in turnip casserole, a dish in which turnips are cooked, then mashed, seasoned and baked.

Nutrition Facts

Serving Size: 130 g

Amount Per Serving	
Calories 36	Calories from Fat 1
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0 g	0%
Cholesterol 0 mg	0%
Sodium 87 mg	4%
Total Carbohydrate 8 g	3%
Dietary Fiber 2 g	9%
Sugars 5 g	
Protein 1 g	
Vit. A 0%	Vit. C 46%
Calcium 4%	Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet.

Turnips are very saturated fat-free and cholesterol-free. They are a great source of fiber, potassium and Vitamin C.

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Veggie of the Month:
Butterhead Lettuce

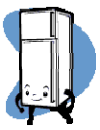
What is it?

Butterhead lettuces have small, round, loosely formed heads with soft, buttery-textured leaves. The flavor is sweet and succulent.

Purchasing Tips

- This lettuce should be crisp looking and unwilted leaves that are free of dark or slimy spots. The leaves' edges should be free of discoloration.

Storage Tips



- Butterhead lettuce need not to be washed before storing. It should be stored in a plastic bag and stored in the refrigerator crisper.
- Lettuce should keep for 2-3 days.

Make Lettuce a Part of Your Meals!

- Give sandwiches extra crunch (and nutrients) by garnishing with lettuce leaves.
- When it comes to salads, the only limitation is your imagination. Add vegetables, fruits, seeds, nuts, whole grains or meats and cheese.
- For a fun meal, arrange nuts, diced vegetables, chicken and lettuce leaves on a large plate. Everyone then has a chance to make their own lettuce wraps.

Nutrition Facts

Serving Size: 1 cup shredded (55 g)

Amount Per Serving		
Calories 7	Calories from Fat 1	
		% Daily Value*
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	3 mg	0%
Total Carbohydrate	1 g	0%
Dietary Fiber	1 g	2%
Sugars	1 g	
Protein	1 g	

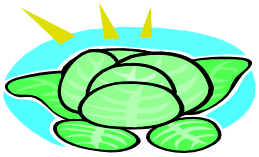
Vit. A	36%	Vit. C	3%
Calcium	2%	Iron	4%

* Percent Daily Values are based on a 2,000 calorie diet.

Fat Free!

Rich in Vitamin A!

Low in sodium!



Avocado and Tomato Salad

Ingredients:

- 2 heads butterhead lettuce, rinsed
- 3 small avocados, peeled and sliced
- 4 large tomatoes, peeled and quartered
- 1/2 white onion, sliced into rings
- 1/3 cup virgin olive oil
- 4 Tbsp. red wine vinegar
- 1/2 tsp. salt and pepper

Directions:

1. Tear lettuce into bite-size pieces. Use immediately or refrigerate until needed.
2. To serve, arrange the lettuce leaves on individual plates. Top the lettuce portions with avocado, tomatoes and onions. Mix the olive oil, salt, vinegar and pepper in a small bowl. Pour over salad and serve.

Chinese Summer Salad

- 1 pint bean sprouts, washed
- 4 Tbsp. sesame oil
- 2 Tbsp. dry sherry
- 6 Tbsp. olive oil
- 2 Tbsp. soy sauce
- 2 Tbsp. lemon juice

- Freshly ground black pepper
- 2 cups shredded Chinese cabbage
- 1 head butterhead lettuce, washed
- 12 oz. can bamboo shoots, sliced
- 12-14 nasturtium leaves, washed and cut into strips

1. Toss the bean sprouts with a mixture of the sesame oil and sherry.
2. Combine the olive oil, soy sauce, lemon juice and pepper. Pour half of it over the cabbage and toss.
3. Arrange the lettuce on a platter or in a shallow bowl. Mound the bean sprouts on one half of the platter and the cabbage on the other. Make a border of the bamboo shoots.
4. Spoon the remaining olive oil dressing over the bamboo shoots. Serve with additional dressing if needed.

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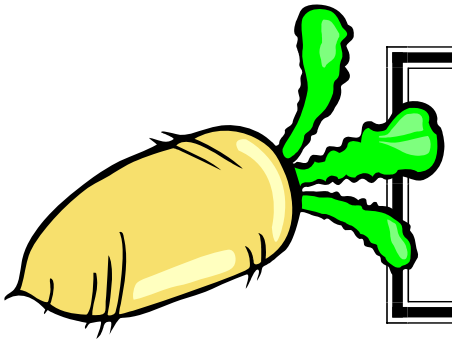

Veggie of the Month:
Daikon Radish

Fun Facts

- Daikon is a mild-flavored East Asian giant white radish.
- The flavor is generally rather mild compared to other small radishes
- They look like overgrown white carrots. They have been know to weigh in at 50 lbs.

Purchasing

- Good quality daikon is bright white and firm.
- Avoid product that is soft, or has wrinkled skin or has brown marks.
  - Daikon tends to be sweet and juicy, but some varieties are hotter than radishes.

Preparation

1. There is no need to peel daikon radishes. Wash them thoroughly in cold running water to remove dirt. Slice, dice, chop or grate for any meal.
2. Not only is the root eaten, but the leaves are rich in Vitamin C, beta carotene, calcium and iron.
3. Use the daikon as you would a radish. It may be served raw in salads, grated for use as a condiment, pickled or simmered in soup.

Stir-Fried Daikon

- 2 Tbsp. peanut oil
- 1/4 cup sliced scallions
- 1 medium daikon, thinly sliced
- 10-12 radishes, thinly sliced
- 2 Tbsp. water
- 2 Tbsp. soy sauce
- 1 tsp. sugar
- 1/4 tsp. hot chili oil

1. Heat the peanut oil in a wok over high heat. Add the scallions; stir-fry for 30 seconds. Add the daikon and red radishes; stir-fry for 1 minute. Add the water and continue stir-frying until all water has evaporated.
2. Add the soy sauce, sugar and chili oil, mixing everything together vigorously and cooking for 30 seconds. Eat right away!

Grilled Daikon, Red & Green Peppers

- 1/2 large daikon root, peeled
- 1/2 large zucchini
- 1 yellow summer squash
- 1 green pepper
- 1 red pepper
- 1 yellow pepper

Marinade

- 2 Tbsp. olive oil
- 2 Tbsp. balsamic vinegar
- 2 Tbsp. parsley flakes
- 1 tsp. crushed garlic
- 1 dash Worcestershire sauce

1. Slice daikon, zucchini and summer squash into 1/2 inch slices. Remove seeds from peppers and slice into large spears.
2. Combine all ingredients with marinade and let sit for five minutes.
3. Heat grill to medium high heat.
4. Spread vegetables out evenly across grill and cook for two minutes, turn everything over and grill two more minutes.

Nutrition Facts

Serving Size: 50 g

Amount Per Serving		
Calories 10	Calories from Fat 0	
		% Daily Value*
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	10 mg	0%
Total Carbohydrate	2 g	1%
Dietary Fiber	1 g	0%
Sugars	1g	
Protein	1 g	

Vit. A	0%	Vit. C	20%
Calcium	0%	Iron	0%

* Percent Daily Values are based on a 2,000 calorie diet.

Daikon radishes are rich in Vitamin C, folic acid, potassium, Vitamin B6, magnesium, riboflavin and calcium.

Storage

- If the greens are still attached, remove and refrigerate them in a plastic bag and use them within a week.
- The more moist you keep them, the longer they will last.

Add Daikon Radishes to Your Meals

- This is an extremely versatile vegetable that can be eaten raw in salads or cut into strips for relish trays.
- It can be stir-fried, grilled, baked, boiled or broiled.
- You may also preserve by salting as in making sauerkraut.

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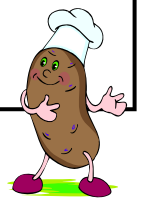
Vegetable of the Month:
Fingerling Potato

What Kind of Potato?

- Fingerlings are small potatoes with a long, narrow shape, much like stubby fingers– hence their name.
- They are less starchy than other potatoes and have a BIG flavor with wonderful varieties & colors! Skin colors range from red, pink, and white, to yellow, purple, or cream colored. The flesh is usually white, yellow, pink, or blue in color! See the popular varieties below for best use!

- **Rose Finn Apple:** Rose colored skin and yellow flesh.
- **French Fingerling:** Red skin, yellow flesh.
- **Swedish Peanut:** Nutty flavored, golden fleshed, good baked or roasted.
- **Russian Banana:** These create the ultimate potato salad!
- **Red Thumb Fingerling:** Red skin and reddish-pink flesh.
- **Purple Peruvian:** Unique with its purple rim surrounded by the white circle of flesh which disappears when cooked.



Purchasing Tips

Find fingerlings at any grocery store year-round. Make sure the potatoes are evenly colored with no green anywhere on the potato.

Storage:

Fingerlings must be stored in the refrigerator, otherwise they will turn green.

Nutrition Facts

Serving Size: 4 potatoes (148 g)

Amount Per Serving		
Calories 100	Calories from Fat 0	
		% Daily Value*
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	5 mg	0%
Total Carbohydrate	25 g	8%
Dietary Fiber	3 g	12%
Sugars	3 g	
Protein	0 g	

Vit. A	0%	Vit. C	45%
Calcium	0%	Iron	6%

* Percent Daily Values are based on a 2,000 calorie diet.

Microwavable Potato Recipes!

Makes 4 servings (about 1-1/4 cups) per recipe

Ranch Potatoes

- 9 Fingerling Potatoes
- 1 Tbsp. Butter
- 1 pinch ground black pepper
- 1 tsp. Ranch Dressing Mix
- 1 Tbsp. Chives, fresh, chopped or 1 tsp. dried chives (optional)

Dill Potatoes

- 9 Fingerling Potatoes
- 1 Tbsp. Butter
- 1 pinch ground black pepper
- 1 Tbsp. dill, fresh, chopped or 1 tsp. dried dill

Directions for Both Recipes:

1. Wash potatoes in cool water and pat dry. Cut potatoes into 1 inch pieces for even cooking. Place potatoes in microwave-safe casserole dish.
2. Add butter, salt, and pepper. Microwave on high for 4-6 minutes or until potatoes are tender.
3. ***For Ranch Potatoes:*** Sprinkle potatoes with Ranch mix (dry) and chives. Allow potatoes to sit for 2 minutes and serve.
4. ***For Dill Potatoes:*** Sprinkle potatoes with dill. Allow potatoes to sit for 2 minutes and serve.

Southwest Fingerling Salad

9 Fingerling Potatoes
1 head Romaine lettuce, cut, washed, drained
4 ears fresh corn, oven roasted and cut from cobb, room temperature
1/4 cup red bell pepper, finely chopped
1/4 cup fresh cilantro, finely chopped
1 Tbsp. sliced green onion
1 tsp. fresh lime juice
1/4 cup white wine vinager
1/2 cup olive oil
1 Tbsp. honey
1 tsp. salt and ground black pepper, pinch cayenne pepper & garlic powder

1. Preheat oven to 425°. Wash fingerlings in cool water, pat dry, and brush with olive oil. Place potatoes in a glass baking dish. Sprinkle with salt and pepper and bake in center of oven for 20 minutes or until golden brown and tender. Remove fingerlings from oven, and set aside to cool.
2. Meanwhile, make the salad dressing by combining the lime juice, white wine vinegar, olive oil, honey, salt, black pepper, cayenne pepper and garlic powder in a mixing bowl and whisk thoroughly. Add cilantro and set aside.
3. In a large mixing bowl toss romaine, roasted corn, red bell peppers, and salad dressing. Place healthy portions of mixture on individual plates and top with roasted fingerlings. Optional: top with sliced grilled chicken. Serve immediately. Serves 4.

Add Fingerlings to Your Meals!

These narrow finger shaped potatoes can be prepared almost any way imagined. They are great roasted, boiled, baked, mashed, fried, grilled or sautéed. Slice them into salads, soups or use as a pizza topping.

If you're looking for a substitute: Fingerlings can be substituted for small new potatoes or substitute new potatoes with fingerlings.

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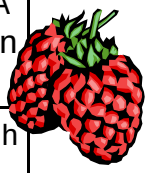
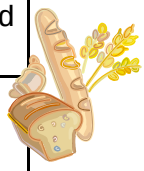
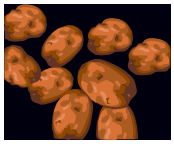
Daily Nutrition Tips!

MONDAY	1 Medium lemon (58g) contains 17 calories and is an excellent source of vitamin C.
TUESDAY	Cucumbers are a member of the gourd family along with melons, squash and pumpkins. Cucumbers are 95% water. They originated in India where they have been grown for 3,000 years.
WEDNESDAY	Potato is the most widely consumed vegetable in America. In fact, a baked medium potato (173g) has 163 calories, no fat and provides an excellent source of potassium and vitamin C. Leave the skin on for added fiber and Nutrients.
THURSDAY	A peach is the third most popular fruit grown in the United States and belongs to the rose family and emits a sweet aroma when they are ripe.
FRIDAY	A Superfood for your heart, one cup of raspberries (123g) provides an excellent source of fiber, vitamin C and manganese for just 64 calories. The USDA ranked raspberries 10th in total antioxidant capacity out of over 100 common foods. 
MONDAY	Be active and get your family to join you and have fun together. Play with the kids or pets. Go for a walk, tumble in leaves, or play catch.
TUESDAY	Between 60 and 63 million acres of wheat are harvested each year in the United States. If all the acres were side by side, the wheat fields would cover more than 100,000 square miles, an area 10 times the size of the state of Vermont, twice as big as all the New England States, or one-third the size of the state of Texas. 
WEDNESDAY	A new variety of wheat can take as long as 17 years to develop before it is available for farmers to plant.
THURSDAY	Wheat is the only grain with sufficient gluten content to make a raised or leavened loaf of bread.
FRIDAY	The U.S. Department of Agriculture and Health and Human Service's Dietary Guidelines for Americans stress the need for 6 to 11 servings of grain products (bread, cereals, rice and pasta) each day.

Roasted Fingerling Potatoes (yield 5 servings)

1 1/2 lbs fingerling potatoes
1/2 med. sweet onion, sliced thin and separated into rings
4-5 garlic cloves, minced
1 Tablespoon fresh dill chopped
1-2 Tablespoon olive oil

1. Cut potatoes into 1/2 to 1 inch sections
2. Place in a large bowl along with onion, garlic and dill
3. Drizzle with the olive oil, salt and pepper to taste
4. Mix to thoroughly combine, then place on a large sheet of aluminum foil, folding foil over on top and seal.
5. Place sealed packet over medium heat on grill and cook 20 to 25 minutes, turning half way through.



Nutritional Information per Serving: Calories 158, Fat 6 g, Cholesterol 0 g, Sodium 9 mg, Carbohydrates 25 g, Fiber 3 g, Protein 3 g

School Lunch — Quality Food — Quality Service

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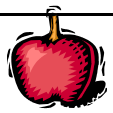
Daily Nutrition Tips!

MONDAY	Brown rice is a whole grain because the bran and endosperm are left on the rice. It has more fiber than white rice. To save yourself time, find quick cooking brown rice in the store.
TUESDAY	Red, black and purple whole grain rice varieties are increasingly popular in the U.S. and offer all the whole grain goodness of brown.
WEDNESDAY	Red carrots contain the same amount of antioxidant and lycopene as tomatoes.
THURSDAY	In China and Japan yellow and red carrot varieties are very popular. The purple carrot is making a comeback and is proving popular in several American States.
FRIDAY	Some of our favorite cereals, including Rice Krispies, started with a small grain of rice.
MONDAY	Get outside and enjoy the beautiful spring weather. Shoot some hoops with friends or sit back and enjoy the sun's rays.
TUESDAY	The Vienna Vegetable Orchestra plays in Europe and Asia. Their musical instruments are made of vegetables. They make their instruments before every concert. With the leftover vegetables a vegetable soup is made for the audience to sample after every concert. Create your own instrument from a vegetable today!
WEDNESDAY	Request a grilled cheese sandwich today for dinner with a nice bowl of hot, tomato soup.
THURSDAY	Rice is Japan's most important crop and has been cultivated there for over 2000 years.
FRIDAY	Japanese rice is a short grain rice that becomes sticky when cooked. Most rice is sold as hakumai ("white rice").

FRUIT AND VEGETABLE FIND



Search this puzzle for these words listed to the left. Circle the words and cross off until you find all the fruits and vegetables.

Apple
Carrot
Corn
Lime
Tomato
Banana
Cherry
Grape
Peas
Pear

Y	G	R	A	P	E	C	T
L	R	K	B	L	E	B	O
I	R	R	P	Z	A	A	R
M	Q	P	E	N	C	C	R
E	A	V	A	H	O	Z	A
M	G	N	S	R	C	R	C
P	A	R	N	A	E	P	V
O	T	A	M	O	T	E	X

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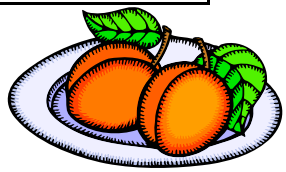
Daily Nutrition Tips!

MONDAY	Nectarines were first grown in China more than 4,000 years ago.
TUESDAY	Nectarines are delicious eaten whole and are free of sodium, low in calories and fat. Nectarines are a great guilt free food.
WEDNESDAY	Whole grains include grains such as wheat, corn, rice, oats, barley, quinoa, sorghum, spelt and rye. Whole grains even include popcorn.
THURSDAY	Foods with whole grains provide more protein, fiber and other vitamins and minerals than do non-whole grain foods.
FRIDAY	The nectarine arrived in California over 130 years ago. The harvest usually begins in mid-May and lasts through September.
MONDAY	A new study shows that corn has more antioxidants than any grain or vegetable.
TUESDAY	The average Nectarine tree rises to 8-20 feet tall and produces fruit for 12 years.
WEDNESDAY	Whole grains are digested slower than are refined grains, gradually releasing sugar present in the grain as starch.
THURSDAY	The type of fiber in rye promotes a rapid feeling of fullness. Rye foods are a good choice for those trying to lose weight.
FRIDAY	Eating more whole grain has been shown to help maintain weight loss.

Nectarine Cobbler



1/2 cup butter
3 to 4 cups nectarines and its juices
1 cup sugar
2 teaspoons baking powder
1 cup whole wheat flour
1 cup skim milk

Put the butter in a deep casserole at least 9 inches in diameter and place in a cold oven. Preheat oven to 350°F. If the fruit is not juicy, sprinkle it with some sugar and set aside. Whisk together the baking powder, flour, and sugar in a bowl. Then add the milk and mix well. This mixture will be thin. When the butter has melted, pour the batter all at once into the dish, then pour the fruit and its juices into the center of the batter. Bake for 50-60 minutes, or until the batter is done and the top is golden brown. Serve hot, warm, or at room temperature. Yield: 8 servings

Nutrition Information per Serving: Calories 288, Cholesterol 31 mg, Sodium 97 mg, Fat 12 g, Saturated Fat 7 g, Trans Fat 0 g, Protein 4 g, Carbohydrates 45 g, Fiber 3 g, Iron 1 mg, Calcium 98 mg, Vitamin A 647 IU, Vitamin C 4 mg.

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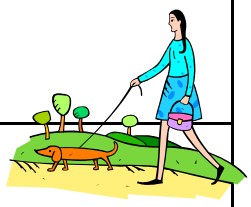
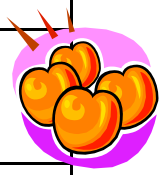
Daily Nutrition Tips!

MONDAY	Organize a family swim outing—be sure to swim with a buddy in supervised areas.
TUESDAY	Walk, jog, or skip instead of driving to and from school, grocery store, library or park. 
WEDNESDAY	Whole grains are a healthy part of every diet for all ages.
THURSDAY	Whole grains include whole wheat, oats, brown rice or wheat berries. Look for the words “whole grain,” like “whole grain” corn tortilla.
FRIDAY	Apricots are full of betacarotene, fiber and vitamin C. Beta-carotene helps promote your vision while vitamin C helps you stay healthy. 
MONDAY	Whole grains may be eaten whole, cracked, split or ground. They can be milled into flour or used to make breads, cereals and other processed foods.
TUESDAY	Whole grain foods include fiber, B and E vitamins, magnesium, iron and poly-unsaturated fats.
WEDNESDAY	Aim for 25-35 grams of fiber every day. The average American consumes only 16 grams of fiber a day.
THURSDAY	Fiber is in fruits, vegetables and whole grain foods and helps keep our digestive system working and help you feel full longer after a meal.
FRIDAY	Pack a lunch for work if it’s hard to find restaurants and delis that offer whole grains, fruit and vegetables.

School Lunch
Quality Food
Quality Service

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MOM’S BEST GRANOLA (Yields 28-1/2 cup servings)

7 cups rolled oats
1 cup wheat germ
1 cup unsweetened flaked coconut
1/2 cup unsalted sunflower seeds
1/2 cup sesame seeds
1 cup chopped almonds
1/2 cup vegetable oil
1/2 cup honey
1/2 cup boiling water
1/4 cup brown sugar
1/2 teaspoon salt
1 teaspoon vanilla extract

1. Preheat the oven to 325ºF.
2. In a large bowl, stir together the oats, wheat germ, coconut, sunflower seeds and almonds. In a separate bowl, mix together the oil, honey, boiling water, brown sugar, salt and vanilla. Pour the liquid ingredients into the dry ingredients, and stir until evenly coated. Spread in a thin layer on a large baking sheet.
3. Bake for 60 to 90 minutes in the preheated oven. Stir every 30 minutes, until lightly toasted and fragrant. Granola will crisp up more when cooled.

Nutritional Information per Serving: Calories 232, Fat 13 g, Cholesterol 0 g, Sodium 46 mg, Carbohydrates 25 g, Fiber 6 g, Protein 7 g

Daily Nutrition Tips!

MONDAY	A fun activity to do as a family is a Scavenger hunt. Give each member a Zip-loc bag to gather their treasures and a list of items to find like a stick, bark, leaf, etc. Then the winner could pick a family movie to watch together.
TUESDAY	1 cup of curly endive has 4 calories, 0 calories from fat, 2% potassium, 10% of Vitamin A, 2% Vitamin C, 1% Iron.
WEDNESDAY	Oats contribute both starch and dietary fiber to the diet because of a higher concentration of well-balanced protein than other cereals. Oats have greater potential value to provide protein, especially for vegetarians.
THURSDAY	Exercise is one of the most important activities a family can do together. Parents who take time to exercise on a regular basis with their family help their children develop a positive self-image.
FRIDAY	Uncooked oatmeal can be added to yogurt, salads, sandwiches, soups, cold cereal and trail mix. Each 1/8th cup of oats adds one gram of fiber.
MONDAY	A versatile vegetable for cooking is a tomato. It can be stuffed, baked boiled, stewed, pickled and fried and are the base for many sauces.
TUESDAY	Oat hulls are a source of furfural and oat flour has been used as a food preservative in ice cream and other dairy products.
WEDNESDAY	Did you know each person in the U.S. eats 12.5 lbs of citrus per year.
THURSDAY	Endive becomes bitter when exposed to light. Store curly endive tightly wrapped in the refrigerator for up to 3 days.
FRIDAY	Oats are used in many things. The edible grains of a widely grown cereal grass, oats (avena sativa) appears in many beauty produces. People appreciate their soothing, anti-inflammatory properties.

School Lunch
Quality Food
Quality Service

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Peanut Butter Oat Grain Cookies (Makes 3 dozen cookies)

1 cup Butter
1 cup Peanut Butter
3/4 cup Fructose (powdered)
3/4 cup Brown Sugar
2 Eggs
1 cup 7-Grain Cereal
3/4 cup Oats, Rolled, Regular Old Fashioned
2 tsp. Baking Soda
1 tsp. Vanilla

In a mixing bowl, cream the butter, peanut butter and sugars. Add eggs, one at a time, beating well after each addition. Stir in vanilla. Combine the remaining ingredients: stir into cream mixture. Drop by tablespoons 2 inches apart onto ungreased baking sheets.

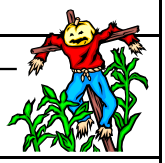
Serving Size: 1 Cookie

Calories 150, Calories from Fat 80, Total Fat 9g, Saturated Fat 4g, Cholesterol 25mg, Sodium 110mg, Total Carbohydrates 14g, Dietary Fiber 1g, Sugars 9g, Protein 3g.

FRUCTOSE

Fructose is found naturally in many fruits and vegetables, and is one of the several components of honey. Fructose is the sweetest of all nutritive sweeteners with nearly one-and-a-half times the sweetness of ordinary table sugar in most application.

Daily Nutrition Tips!

MONDAY	Fresh corn on the cob will lose up to 40% of its sugar content after 6 hours of room temperature storage. The sugar is converted to starch.
TUESDAY	China produces about 19% of the world's corn crop, about 4 1/2 billion bushels.
WEDNESDAY	Corn's contribution to heart health lies not just in its fiber, but in the significant amounts of folate in the corn supplies.
THURSDAY	Although we often associate corn with the color yellow, it actually comes in host of different varieties featuring an array of different colors, such as red, pink, black and blue.
FRIDAY	The Aztecs considered corn to be a sacred plant, perhaps in part because it thrived on the relatively infertile land where other vegetables could not survive.
MONDAY	U.S. researchers have led the way into finding many uses for corn— like in vitamins and amino acids. 
TUESDAY	Corn syrup prevents waste and saves consumers money by keeping bread fresh longer.
WEDNESDAY	Corn exists today, not just as a plant, but also as a symbol. It stands for Iroquois identities. It stands for life. And it stands for spirit.
THURSDAY	Send a "corny" card today. All you need is construction paper, glue, scissors, glitter and your own creativity.
FRIDAY	Most corn ends up as feed, so much stays in the Midwest or is shipped to Texas, California and North Carolina.

RECIPE– Corn and Black Bean Salad (Serving Size: 8)

Ingredients: 1 lb. cooked black beans, drained
10 oz. can of corn kernels, drained
1/2 green pepper, chopped
1/2 red pepper, chopped
2 green onions, sliced
1 Tbsp. minced parsley
1 Tbsp. vegetable oil
2 Tbsp. lime juice
Freshly ground black pepper, to taste

Toss ingredients together, except black pepper. Generously sprinkle salad with black pepper. Cover and refrigerate.

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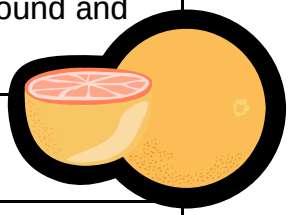
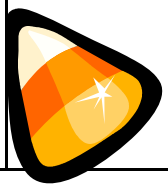
Nutritional Information per serving: Calories 124, Fat 2 g, Cholesterol 0 mg, Sodium 250 mg, Carbohydrates 21 g, Fiber 6 g, Protein 6 g

Daily Nutrition Tips!

MONDAY	It takes 25 gallons of water to grow one ear of corn.
TUESDAY	Archaeologists have found ears of popcorn in the Bat Caves of New Mexico nearly 5,600 years old.
WEDNESDAY	Eat dinner today at the table with your entire family. Share stories from school, tell jokes or just listen to what everyone else has to say. Laugh, cry and show a big smile to those you love.
THURSDAY	Fresh grapefruit from Arizona and California is available all year round and come in several colors including pink, red, white and golden. 
FRIDAY	A grapefruit is 75% juice. One medium grapefruit will give you 2/3 of a cup of fresh-squeezed juice.
MONDAY	Discover the large array of products that are made with corn. Put together a display that shows and organizes these products. Include real items and pictures of the corn products. Show your family what you have learned.
TUESDAY	Baby corn is almost always sweet corn, harvested just as it has begun to develop. This product is highly used in Asian cuisine.
WEDNESDAY	Corn sweeteners supply more than 56% of the U.S. nutritive sweetener market.
THURSDAY	Corn is all around us, in products such as baby food, glue, vitamins, antibiotics, condensed milk, peanut butter, chewing gum and ethanol.
FRIDAY	 Today, try this new and fun activity. String candy corn like popcorn to make cool jewelry for you, your friends and family. You can also tape several strands in a doorway for a 70's style beaded curtain.

RECIPE– Citrus Salad (Serving Size: 4)

Ingredients: 1 lime- zested, peeled and sliced
1 mandarin orange– zested, peeled and sectioned
1 naval orange, peeled and sectioned
1 grapefruit, peeled and sectioned
1 shallots, diced
1 Tbsp. lemon juice
1 Tbsp. olive oil
1/2 tsp. salt
1 head romaine lettuce, torn

Directions: Place lime slices, mandarin sections, naval orange and grapefruit in a bowl. In a separate bowl, mix the lime zest, mandarin orange zest, shallots, lemon juice, olive oil and salt. Pour over the fruit. Arrange dressed fruit atop romaine lettuce to serve.

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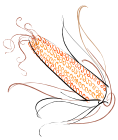
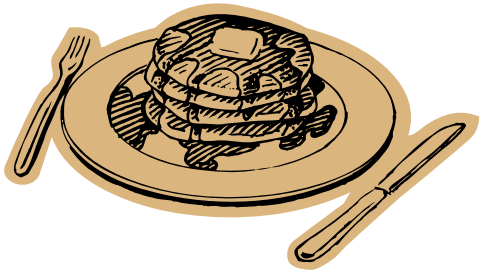
Nutritional Information per serving: Calories 121, Fat 4 g, Cholesterol 0 mg, Sodium 308 mg, Carbohydrates 22 g, Fiber 6 g, Protein 3 g

Daily Nutrition Tips!

MONDAY	Corn is a vegetable plant first domesticated by Native American people somewhere over 6,000 years ago, in that part of North America today called Mexico.
TUESDAY	Corn is the number one field crop raised in the United States.
WEDNESDAY	Corn is a member of the grass family Tripsaceae. Its genus and species name is *Zea mays L*. It is a tall coarse annual grass, and its seeds are cereal grains. The cob (ear) is actually part of the flower structure.
THURSDAY	Corn is produced on every continent in the world except Antarctica
FRIDAY	One pound of corn equals approximately 1,300 kernals.
MONDAY	One hundred bushels (about one acre) of corn equals approximately 7,280,000 kernals,
TUESDAY	One ear of corn averages 800 kernals in sixteen rows.
WEDNESDAY	Iowa, Illinois, Nebraska and Minnesota account for over 50 percent of the corn grown in the U.S. Other major growing states are Indiana, Wisconsin, South Dakota, Michigan, Missouri, Kansas, Ohio and Kentucky. This area is known as the "Corn Belt."
THURSDAY	There are more than 3,500 different uses for corn products and more uses are being found each day. Many of the new products, like paints, are more environmentally friendly than their petroleum counterparts.
FRIDAY 	Unlike sweet corn, dent corn has a hard outer portion about the thickness of your fingernail. The inner portion of the corn kernel is soft and floury. Dent corn is used to make starches, oils, livestock feed, ethanol fuel and many other products like crayons, paints and paper. Dent corn also is used to make corn syrup sweeteners and other ingredients that appear in all kinds of foods from soft drinks to baked goods.

Cornmeal Pancakes



1 cup Boiling Water
3/4 cup Cornmeal, fine ground, whole grain
1-1/4 cups Buttermilk
2 Eggs
1 cup sifted white flour
1 Tb baking powder
1 tsp sea salt
1/4 tsp baking soda
1/4 cup Vegetable Oil

Pour water over cornmeal, stir until thick. Add milk; beat in eggs.
Sift flour, baking powder, salt and baking soda. Add to cornmeal mixture. Stir in oil.
Cook on hot, ungreased griddle. Yield: about 14 pancakes.

Nutritional Information per Pancake: Calories 102, Fat 4 g, Cholesterol 1 mg, Sodium 329 mg, Carbohydrates 13 g, Fiber 1 g, Protein 3 g

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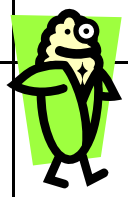
Daily Nutrition Tips!

MONDAY	Dry milling is the process in which corn is separated into flour, corn meal, grits and other products by soaking corn kernels in water, then removing the germ for processing into oil. The remaining parts of the kernel are ground and sieved into various fractions.
TUESDAY	Corn is used to produce fuel alcohol. Fuel alcohol makes gasoline burn cleaner, reducing air pollution, and it doesn't pollute the water.
WEDNESDAY	One bushel of corn will sweeten more than 400 cans of Coca-Cola. Speaking of soft drinks, corn is the #1 sweetener in most soft drinks.
THURSDAY	Corn leaves contain large amounts of sugar and were used as "chewing gum" by the Indians. They also made popcorn by roasting dry kernels in a fire. Corn was also ground to make flour, soup and pudding.
FRIDAY	Many people believe the acres of corn they see in the Midwest during growing season could be picked and eaten for dinner, or dried and popped. In fact, those acres are typically field corn, which is used largely for livestock feed, and differs from both sweet corn and popcorn. 
MONDAY	More than 35 million pounds of candy corn will be produced this year. That equates to nearly 9 billion pieces— enough to circle the moon nearly four times if laid end-to-end.
TUESDAY	There are six different types of corn— sweet, dent, flint, pod, flour and popcorn. Popcorn is the only one that pops. Corn-on-the-cob, canned and frozen corn at the grocery store come from sweet corn.
WEDNESDAY	Most popcorn comes in two basic shapes when it's popped: snowflake and mushroom. Snowflake is used in movie theatres and ballparks because looks and pops bigger. Mushroom is used for candy confections because it doesn't crumble.
THURSDAY	Seckel pears are usually considered the smallest of all commercially grown pears. Seckels are also very sweet and are sometimes called "sugar pears." Seckels chubby, round shape; it's small neck and very short stem make it a perfect lunchbox-size pear.
FRIDAY	Corn is one of the third most Important food crops of the world measured by production volume, behind wheat and rice. In terms of acreage planted, it is second only to wheat.

CORN WORD SCRAMBLE– **unscramble the words below to discover some of the things that have corn products in them.**

- nroc sekalf c_ _ _ f_ a_ _ _ ~ You can eat these for breakfast (best when eaten with milk).
- cei earcm _c_ _ _ _ _ m ~ I scream, you scream, we all scream for….
- acco oalc _o_ _ c_ _ _ ~ The best soda in the world that is bottled in Chattanooga.
- nuteap ttreub p_ _ _u_ _ _t_ _r ~ Paired with jelly, it makes a delicious sandwich.
- upchket _ _t_ _u_ ~ Most people eat it with their french fries.
- mallmarowsh m_ _ _ _ _a_ _ _w ~ This makes S'mores yummy!
- golansie g_ _o_ _ _ _ ~ Fuel for your car.
- etp odfo _e_ f_ _ _ ~ Your doggy eats it for dinner.

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Daily Nutrition Tips!

MONDAY	Thailand, Vietnam, India and the USA are the top 4 countries in the world that export rice.
TUESDAY	Science has helped more than double world rice production from 260 to 600 million tons over the past 40 years.
WEDNESDAY	How about a picnic? Pack your favorite sandwiches, fruits and vegetables. Don't forget a blanket to sit on while eating with your favorite pals– inside or out.
THURSDAY	In flavor, broccolini reminds many consumers of asparagus, being sweet and tender with a hint of broccoli-like bite.
FRIDAY	After a farmer plants rice, it takes about 105 days before he can harvest it! Imagine if you and your family actually had to wait that long before you could eat rice.
MONDAY	Rice farming is older than the great, great grandmother of your great, great grandfather. It is about 10,000 years old.
TUESDAY	Broccolini is high in Vitamin C, potassium, fiber, iron and Vitamin A.
WEDNESDAY	Pick your favorite songs and dance, dance, dance for 30 minutes today as part of your goal of 60 minutes of exercise every day!
THURSDAY	Almost half the world's population consumes rice—about 3 billion people.
FRIDAY	Broccolini has a long, slender stem, reminiscent of asparagus, and is topped with a small flowering bud that resembles a cross between broccoli and an asparagus tip.

RICE SHAMROCKS

You'll need: heavy white paper
rice
green food coloring
glue
paper towels
brushes
shamrock patterns

Directions: Prepare rice a day ahead of the project. Place rice in a bowl with a small amount of water to which green food coloring has been added. Let it soak until desired shade of green has been reached. Drain off the water and let the rice dry on paper towels. Trace and cut out shamrock shapes with the heavy white paper. Have the children brush glue on their shamrocks and sprinkle green rice over the glue. Just in time for St. Patrick's Day.

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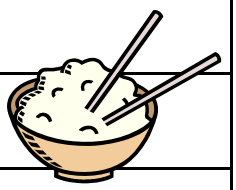
Daily Nutrition Tips!

MONDAY	Try cabbage vegetable soup. Add your favorite vegetables and chopped cabbage to a boiling broth. Cook for 20 minutes and serve. Healthful and nutritious!
TUESDAY	Rice is one of the few foods in the world which is entirely non-allergenic and gluten-free.
WEDNESDAY	Broccolini is sold with yellow flowers attached to the top and may be eaten with the rest of the vegetable. Most common cooking methods include sau-téing, steaming, roasting, boiling or stir frying.
THURSDAY	Rice bran has a moist, oily inner layer which is heated to produce an oil. It is also used in making a pickled vegetable.
FRIDAY	There are over 15,000 varieties of rice. 
MONDAY	Rice cultivation is well-suited to countries and regions with low labor costs and high rainfall, as it is very labor-intensive to cultivate and requires plenty of rainfall for irrigation.
TUESDAY	If the weather is still too chilly to go outside, get cozy under lots of blankets in your favorite spot and read stories, nap and read some more.
WEDNESDAY	Broccolini, also known as Baby Broccoli, is a cross between broccoli and Chinese kale.
THURSDAY	Broccolini harvesting is all done by hand.
FRIDAY	The rice seed we are able to buy is known as “rough” to rice farmers. At one time, the rough was enclosed by a hull or husk. During the process of mill-ing, the hull and various bran layers or kernels are removed, and the rice is polished, giving the resulting seed a bright, white, shiny coating.

Nutrition Sudoku for Kids

Carrot		Egg	Banana	Ice Cream	Date	Fish		Ham
Ice Cream	Grapes	Bananas	Fish		Ham	Apple	Dates	Egg
Ham		Dates	Apple	Grapes		Ice Cream		Carrot
Dates	Carrot	Ice Cream	Egg		Apple	Ham		Grapes
Fish		Ham	Ice Cream		Grapes	Banana		Apple
Apple	Banana		Ham	Fish	Carrot	Dates	Egg	
Banana	Ice Cream	Carrot	Grapes	Ham		Egg		Dates
	Ham		Dates	Egg	Banana		Ice Cream	
Egg		Fish	Carrot		Ice Cream	Grapes		Banana

Use these words to complete the puzzle:
Apple
Banana
Carrot
Dates
Egg
Fish
Grapes
Ham
Ice Cream

You may have seen Sudoku with numbers, but here's one with food items. Each horizontal row, vertical column and 3x3 box must contain all nine food words. The words begin with letters A-I to make it easier for you to check that all nine have been places in each row, column and 3x3 box.

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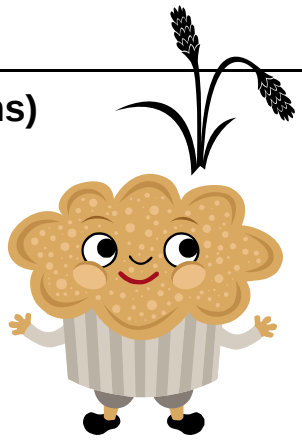
Daily Nutrition Tips!

MONDAY	Rice is a good source of thiamin, niacin, phosphorus, iron, potassium and folic acid. Rice has no fat nor cholesterol and is sodium free.
TUESDAY	The carrot dates back about 5,000 years ago when the root was found to be growing in the area now known as Afghanistan.
WEDNESDAY	Many cookbooks for kids contain pictures to help illustrate the steps in recipes. With this, you can be more help with special, traditional recipes for the family.
THURSDAY	The wild rice plant looks like grass growing in water. In late summer, when its seeds mature, it looks like oats or wheat.
FRIDAY	Rice is a great source of complex carbohydrates, which is an important source of fuel our bodies need.
MONDAY	The seeds of wild rice contain an antioxidant that some people believe might help reduce their chances of getting cancer.
TUESDAY	Purple carrots possess an entirely different class of pigments—anthocyanins—which act as powerful antioxidants.
WEDNESDAY	Red carrots derive their color mainly from lycopene, a type of carotene believed to guard against heart disease and some cancers.
THURSDAY	Yellow carrots accumulate xanthophylls, pigments similar to beta-carotene that support good eye health.
FRIDAY	The seeds of the rice plant are first milled using a rice huller to remove the chaff. At this point in the process the product is called brown rice. Further processing removes the germ and the rest of the husk (called bran), creating white rice.

Wild Rice Muffins (makes 12 muffins)



Ingredients:
1 cup fat-free milk
4 tablespoons margarine or butter, melted
1 egg
1/2 cup wild rice, cooked, cooled
1 cup all-purpose flour
1/2 cup whole wheat flour
3 tablespoons baking powder
1 tablespoon sugar
1/2 teaspoon salt

Directions:
1. Mix milk, margarine, egg and rice in large bowl.
2. Add mixed flours, baking powder, sugar, salt, combining until the dry ingredients are moistened.
3. Spoon batter into 12 greased muffin cups.
4. Bake at 400 degrees F until browned, 20 to 25 minutes.
5. Remove from pans and cool on wire racks.

Wild rice adds crunchy texture and a nutritional boost to these muffins. Try adding three-fourths of a cup of dried fruit and/or three tablespoons of chopped nuts before baking your muffins for more fiber, protein and other vitamins and minerals!

Nutritional Information Per Serving: Calories: 136, Carbohydrates: 19 g, Protein: 5 g, Total Fat: 5 g, Saturated Fat: 1 g, Cholesterol: 18 mg, Sodium: 494 mg.

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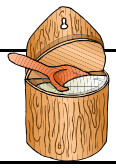
Daily Nutrition Tips!

MONDAY	Today would be a great day to get you and your family to the zoo. What do the various animals eat?
TUESDAY	Dietary fiber is the term for several materials that make up the parts of plants your body can't digest. Fiber is classified as soluble or insoluble.
WEDNESDAY	When eaten regularly as part of a diet low in saturated fat, trans fat and cholesterol, soluble fiber has been associated with increased diet quality and decreased risk of cardiovascular disease. Oats have the highest proportion of soluble fiber of any grain.
THURSDAY	Flax seeds can be added to cereal, yogurt, stuffing, rice and other grain dishes and greatly increases the fiber of your meal!
FRIDAY	Ask what you can do to help around the house today. Try helping by washing the car or trimming the hedges.
MONDAY	Watermelon, considered one of America's favorite fruits, is really a vegetable.
TUESDAY	Aim for 25-35 g. of fiber every day. The average American consumes only 16 g. of fiber a day.
WEDNESDAY	Foods containing fiber often are good sources of other essential nutrients. Depending on how they're prepared, these foods can also be low in trans fat, saturated fat and cholesterol.
THURSDAY	During the Civil War, the Confederate Army boiled down watermelons as a source of sugar and molasses. 
FRIDAY	Fiber is in fruits, vegetables and whole grain foods. They help to keep our digestive system working and makes you feel full longer after a meal.

High Fiber Banana Bread—Moist and Healthful!

Ingredients: 2 cups all-purpose flour
1 tsp. baking powder
1/2 tsp. baking soda
3 medium ripe bananas (mashed)
7-8 pitted prunes (cut small)
7-8 pitted dried apricots (cut small)
2 Tbsp. fat free milk
1 cup all-bran cereal
1/3 cup softened margarine
1/3 cup maple syrup
2 eggs.

Nutrition Information per serving:
Calories 214, cholesterol 35 mg, sodium 187 mg, fat 6 g, saturated fat 1 g, protein 4 g, carbohydrates 36 g, fiber 2 g, iron 15%, calcium 4%, vitamin A 18%, vitamin C 8%.

1. Preheat oven to 350 F.
2. In a small bowl, mix flour, baking powder and baking soda. Set aside.
3. In mixing bowl, stir together (mix well) mashed bananas, cereal, milk and dried fruit. Let mixture stand 5 minutes to soften cereal.
4. In mixing bowl, beat margarine and maple syrup. Add eggs and beat well. Stir in cereal mixture. Add flour mixture and stir until combined.
5. Spread batter into a loaf pan coated with cooking spray. Bake at 350 F for about 45-50 minutes. Let cool for 20 minutes before slicing. Makes 12 slices.

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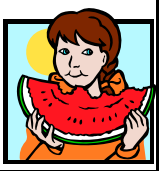
Daily Nutrition Tips!

MONDAY	Fiber appears to reduce the risk of developing various conditions, including heart disease, diabetes, diverticular disease and constipation.
TUESDAY	Yellow watermelons are just as sweet as the red varieties and have an almost identical taste. They make a wonderful addition to a fruit salad or to eat by itself.
WEDNESDAY	If you wish to increase fiber in your diet, remember to do it slowly. Be sure to drink enough fluids as well. And remember, you don't have to eat fiber all in one meal. Try adding a little for breakfast, lunch and dinner. 
THURSDAY	Whole grains can be found in bread, crackers, pizza crust, rice, pasta, couscous, cold salads, cereals and many other products. Add whole grains to your family's diet at every meal!
FRIDAY	Enjoy eating a healthful and nutritious lunch by adding more fruits, vegetables and whole grains!

WHOLE GRAINS SUDUKO!

	FLAX	SPELT	OATS	BARLEY	RICE	SORGHUM		RYE
CORN	OATS	RYE		SPELT	WHEAT	RICE	BARLEY	FLAX
RICE	BARLEY	SORGHUM	CORN	FLAX	RYE	OATS	SPELT	
FLAX	WHEAT	OATS	BARLEY	SORGHUM	CORN			SPELT
RYE	SPELT		WHEAT	RICE	FLAX	BARLEY	OATS	SORGHUM
	RICE	BARLEY		RYE	OATS	FLAX	WHEAT	CORN
OATS	SORGHUM	RICE	FLAX	WHEAT		CORN	RYE	BARLEY
SPELT		FLAX	RYE		BARLEY	WHEAT	SORHUM	RICE
BARLEY	RYE	WHEAT	RICE	CORN	SORGHUM	SPELT		OATS

Use the following words to complete the Whole Grains Suduko Puzzle!

Wheat
Oats
Corn
Rice
Flax
Rye
Barley
Spelt
Sorghum

WATERMELON BANANA SPLIT— Makes 4 servings!

Ingredients: 2 large bananas
1 pint blueberries
1/2 cup crunchy nugget cereal
8 scoops of watermelon
1/2 cup low-fat vanilla yogurt

Directions: Using an ice cream scoop, scoop out 8 watermelon balls. Remove seeds if desired. Peel bananas and cut in half crosswise; then, cut each piece in half lengthwise. In each serving dish, place 2 pieces of banana, 2 watermelon scoops and 1/4 of the blueberries. Top with yogurt. Sprinkle with cereal. Enjoy!

Nutritional Information per Serving:
Calories 239, cholesterol 2 mg, sodium 48 mg, fat 2 g, saturated fat 1 g, protein 5 g, carbohydrates 54 g, fiber 5 g, iron 7%, calcium 8%, vitamin A 27%, vitamin C 43%.

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Daily Nutrition Tips!

MONDAY	If you plant a single seed from an orange you will probably get more than one plant growing from it.
TUESDAY	Research found that the children who ate oatmeal were 50% less likely to become overweight, when compared to those children not eating oatmeal.
WEDNESDAY	Some fruits and vegetables contain beta carotene, which can reduce the chance of eye disease. One carrot a day can help prevent macular degeneration, which eventually leads to blindness.
THURSDAY	In 1873 three orange trees were brought from Brazil and planted in Riverside California. The trees started producing fruit in 1878 and today one of the original trees is still alive and producing fruit.
FRIDAY	Oats are the third leading cereal crop produced in the United States (after wheat and corn) and the fourth most important crop world-wide.
MONDAY	A fun exercise to do with kids as a family is to toss a balloon in the air and hit it upward with both hands. Then use other parts of the body, hip, knee, foot, head, elbow to do the same.
TUESDAY	Actually a fruit, it took a ruling by the Supreme Court in 1893 to make the tomato a vegetable.
WEDNESDAY	Over half the U.S. domestic oat production is grown in South Dakota, North Dakota, Wisconsin, Minnesota and Iowa.
THURSDAY	Did you know that if a turkey looks up when it is raining it can drown. A wild turkey has excellent vision and hearing, their field of vision is about 270 degrees.
FRIDAY	Read a favorite story to your children. Have them do the actions. If the story is about animals, they can pretend to be the animals. Be creative and have fun.

FRUIT WORD SEARCH

Find the words that have been hidden in the grid, then read the name of a piece of fruit that is related to the orange.

S T R A W B E R R Y
G T N O M E L C Y C
R O E C H E R R Y O
A C P M G M R A B C
O I E R I E E N A O
R R A R B L H B N N
A P A E U O C E A U
E A U N F N A R N T
P L U M G R E R A U
B A P P L E P Y I T

Apple
Apricot
Banana
Blueberry
Cherry
Coconut
Cranberry
Grape
Lemon
Lime
Melon
Orange
Peach
Pear
Plum
Prune
Strawberry

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Daily Nutrition Tips!

MONDAY	If there is snow in the area, a great outdoor activity to do is go outside and make a snowman together. Remember the hat, a scarf, buttons, carrot and sticks. Afterwards go inside for hot chocolate together.
TUESDAY	Oats, like other cereal grains, are valued primarily as a source of carbohydrates to provide calories for energy needs.
WEDNESDAY	Curly Endives outer leaves are deep green and have a slightly bitter taste. The center leaves are yellow and milder tasting. Used as a cooking green and raw salad.
THURSDAY	Be adventurous! When your children see or ask about a new fruit or vegetable they have never seen or heard of before, pick one up to try. They may find their new favorite fruit or vegetable.
FRIDAY	Children can learn social skills such as how to work together, through activity. Play "show me". Show how you look when you are happy, tired, hungry, full, angry and sad. A fun activity to do together.
MONDAY	Oat consumption by humans dates back to 400 BC where it was described as a bulk former, a healing agent, and a desiccant when applied to the skin.
TUESDAY	A fun family project would be making a gingerbread house together. You can bake the house using molds or buy a kit from a store. Children love to decorate and this could become a yearly project for the family together.
WEDNESDAY	Curly Endives is available year round and is fat and cholesterol free. It is low in calories and high in folate.
THURSDAY	Fruits and vegetables that are in season are at the peak of freshness, favor and affordability. If you don't know ask the produce manager for help.
FRIDAY	Oatmeal is in a wide variety of food products, including, cookies, breakfast cereals, breads and muffins, crackers and snacks and meat extenders.

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CURLY ENDIVE SALAD (yield 1 serving)

1 head curly endive
2 scallions
1 tsp. dry mustard
1 tsp. beef bouillon
1/4 c. cider vinegar
1/4 c. water

Wash endive thoroughly and chop in 1-inch long pieces. Chop scallions including greens. Combine lettuce and scallions in bowl. Combine remaining ingredients in glass measure. Microwave on high 2 minutes. Stir. Pour over greens and stir. Serve immediately.

Nutritional Information per Serving: Calories 54, Fat 0 g, Cholesterol 1 g, Sodium 835 mg, Carbohydrates 6 g, Fiber 3 g, Protein 3 g

Daily Nutrition Tips!

MONDAY	Focus on Fruits, eat them at meals and at snack time, too. Choose fresh, frozen, canned or dried and go easy on the fruit juice.
TUESDAY	Wheat is grown on more land area worldwide than any other crop and is a close third to rice and corn in total wheat production. In 2004, world wheat production was approximately 624 million tons.
WEDNESDAY	During the early summer, wheat plants begin to fade from dark green to tan and then to a golden brown then the wheat is ripe and nearly ready for harvest. Now the wheat producer must race with the weather to get the wheat out.
THURSDAY	Always keep an upbeat point of view about exercise. Realize that it is a part of life and it is very important not only for your health, but for the health of your entire family.
FRIDAY	Take the family and go to an orchard and pick your own apples and make home-made apple pie together.
MONDAY	Eating a diet rich in vegetables and fruit as part of an overall healthy diet may reduce your risk for stroke, coronary heart disease, type 2 diabetes, certain cancers (such as mouth and stomach) kidney stones and bone lose.
TUESDAY	China is the leading producer of apples with over 1.2 billion bushels grown in 2001. The U.S. is number 2 and then Turkey, Poland and Italy.
WEDNESDAY	Kids enjoy helping in the kitchen. Children can help shop for, clean, peel, or cut up vegetables. They will eat foods they help prepare.
THURSDAY	An acre will produce enough wheat for about 2,500 loaves of wheat bread.
FRIDAY	The Pink Lady is an exiting new bi-colored apple that originated in Australia. It is a cross of Golden Delicious and Lady Williams which was bred in 1973 by the Agriculture Department of Western Australia.

Whole Wheat Muffins (yields one dozen)

2 c. whole wheat flour
1/2 tsp. salt
3 tsp. baking powder
2 beaten eggs
1 c. milk
3 Tbsp. brown sugar
2 Tbsp. melted butter or margarine.

Stir together the dry ingredients. In a separate bowl, stir together the liquid ingredients. Combine both sets of ingredients, mixing only until the dry ingredients are moist. Bake in greased or papered muffin tins for 20 minutes at 375 degrees.

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Nutritional Information per Serving: Calories 128, Fat 9 g, Cholesterol 25 g, Sodium 151 mg, Carbohydrates 10 g, Fiber 1 g, Protein 3 g

Daily Nutrition Tips!

MONDAY	Cut fruit into fun shapes like melon balls, cantaloupe smiles. Spread apples and pears with peanut butter for snacks. Peel and freeze a banana on a stick.
TUESDAY	Make fruit your dessert. If you still need that scoop of ice cream, make it a banana split or try adding fruit to your other favorite desserts (like pudding)!
WEDNESDAY	Unlike most other crops, hard red winter wheat is planted in the fall and harvested in the spring.
THURSDAY	A child who is active will have stronger muscles and bones, a leaner body, because exercise helps control body fat and gives a great outlook on life.
FRIDAY	Some varieties of wheat grow as tall as seven feet, but most are only between two and four feet tall.
MONDA	Allow children to plant and harvest some fruit and vegetables. They like to watch plants grow and usually will eat foods they have planted.
TUESDAY	One family of four can live 10 years off the bread produced by one acre of wheat.
WEDNESDAY	It takes about 95% of your diet and 5% of exercise to transform yourself physically.
THURSDAY	Pink Lady apples have a beautiful pink blush and a refreshing and sweet, champagne-like taste making them the perfect summer apple. They are also great to use in summer recipes, thanks to their natural sweetness.
FRIDAY	To keep meals and snacks interesting, vary your veggie choices. Favor the dark or vividly colored vegetables, especially the deep green and orange ones, enjoy the lighter colored vegetables for variety to your diet.

Apple Fritters (yield 4 servings)

Canola Oil
2 cups all-purpose biscuit mix
2 teaspoons sugar
1/2 teaspoon cinnamon
1 Pink Lady apple and cored and chopped
3/4 cup skim milk
Sugar, cinnamon-sugar or confectioner's sugar

Heat oil in electric fryer for 10 minutes or heat 3 inches of oil in deep saucepan to 375 degree.

Meanwhile, in medium mixing bowl stir together biscuit min, sugar and cinnamon. Stir in apple. Add milk and stir just until moistened.

Drop by rounded tablespoonfuls, about 3 or 4 at a time, into hot oil turning once, until deep golden brown, about 3 to 5 minutes.

Lift out with slotted spoon and drain on paper towels. Sprinkle with your choice of sugar while warm.

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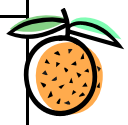
Nutritional Information per Serving: Calories 344, Fat 9 g, Cholesterol 2 g, Sodium 748 mg, Carbohydrates 60 g, Fiber 2 g, Protein 6 g

Daily Nutrition Tips!

MONDAY	A great exercise that the whole family can do is to go on a nature walk and collect colorful leaves, you might also rake the leaves and play in them.
TUESDAY	Oats, like other cereal grains, are valued primarily as a source of carbohydrates which provide calories for energy needs.
WEDNESDAY	When families eat together they enjoy each other, find out what everyone's done that day and children also learn table manners and pick up family values. They also can enjoy a healthful variety of foods together.
THURSDAY	A favorite veggie is a tomato. Low fat, saturated fat free, very low sodium, cholesterol free. High in vitamin A and C. Good source of Potassium.
FRIDAY	Oats have a higher concentration of well-balanced protein than other cereals. Oats contain phytochemicals (plant chemicals) which have been associated with protection from chronic diseases such as cancer.
MONDAY	Mandarin oranges of all kinds are primarily eaten out-of-hand, or the sections are utilized in fruit salads, gelatins, puddings or on cakes. Very small types are canned in syrup.
TUESDAY	A good snack before dinner could be, 1/4 c. peanuts, 1/2 c. milk, 1 cheese stick, 1/4 c. cottage cheese, or 2 slices of lean lunch meat.
WEDNESDAY	Eighty percent of U.S. households have oatmeal in their cupboards.
THURSDAY	Research has discovered that the antioxidants found in oats reduce cholesterol by reducing the ability of blood cells to stick to the inside of artery walls. So eat a cup of oats a day and you will be okay.
FRIDAY	The mandarin orange is considered a native of south-eastern Asia and the Philippines. It is most abundantly grown in Japan, China, India and the East Indies, and is esteemed for home consumption in Australia.



MANDARIN ORANGE SALAD

3 to 4 c. salad greens broken (leaf, Bibb lettuce, spinach, spring greens)
1/4 c. sliced onions
1 (11 oz.) can mandarin oranges, drained
1/4 c. slivered almonds, toasted in butter
1/4 c. canola oil
2 tbsp. vinegar
2 tbsp sugar
1/2 tsp salt
1/4 tsp pepper

Make the dressing with the oil, vinegar, sugar, salt and pepper. Chill in refrigerator for 2 hours before tossing with the salad ingredients.

Combine the greens, onions, mandarin oranges and almonds.

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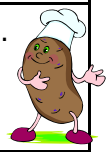
Nutritional Information per Serving: Calories 259, Fat 18 g, Cholesterol 0 g, Sodium 305 mg, Carbohydrates 23 g, Fiber 3 g, Protein 3 g

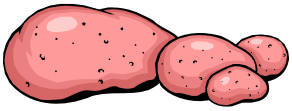
Daily Nutrition Tips!

MONDAY	Choose whole-grain foods, such as whole wheat bread, oatmeal, brown rice, and low fat popcorn, more often.
TUESDAY	One bushel of wheat contains approximately 1 million individual kernels. A modern combine can harvest 1,000 bushels of wheat per hour.
WEDNESDAY	Fingerling Potatoes are used for roasting, boiling, baking and salads.
THURSDAY	Wheat is grown in 42 states in the United States. One bushel of wheat yields enough flour for 73 one-pound loaves of white bread.
FRIDAY	One 60 pound bushel of wheat provides about 42 pounds of flour. Wheat is not native to the United States and was not even grown by the colonists.
MONDAY	Wheat was first planted in the United States in 1777 as a hobby crop.
TUESDAY	The wheat kernel, sometimes called the wheat berry, is the seed from which the wheat plant grows.
WEDNESDAY	More foods are made with wheat than from any other cereal grain. Assuming a sandwich was eaten for breakfast, lunch and dinner, it would take 168 days to eat the amount of bread produced from one bushel of wheat.
THURSDAY	There is approximately 5 cents worth of wheat in each loaf of bread sold. A family of four could live 10 years off the bread produced by one acre of wheat.
FRIDAY	Set aside time each day for physical activity, such as timed-walk, jog, skate cycle, or swim. Adults need 30 minutes of physical activity most days of the week, children 60 minutes everyday or most days.



Sweet Fingerling Mash (yields 6 servings)

1 lb fingerling potatoes washed and quartered
1 lb sweet potatoes peeled and cut into 1 inch dice
1/2 cup milk
1/4 cup butter
3 Tablespoons maple syrup
1/4 teaspoon salt
1/4 teaspoon white pepper
1/4 teaspoon nutmeg



1. Boil fingerling and sweet potatoes together until tender, approximately 12-15 minutes. Drain and place in large mixing bowl. Set aside.
2. In a small saucepan over medium heat, melt butter and add milk to warm. Do not bring to a boil.
3. Pour mixture over potatoes. Add maple syrup, salt, pepper, nutmeg and whip until smooth.
4. Serve immediately.

Nutritional Information per Serving: Calories 225, Fat 8 g, Cholesterol 21 g, Sodium 209 mg, Carbohydrates 36 g, Fiber 4 g, Protein 3 g

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