



The University of Georgia

Focus on Fruit

Fruits are a good source of vitamin C, potassium, fiber, and folic acid.

Learning for Life

The University of Georgia
Cooperative
Extension

Contact your local
office at



5 Easy Tips for Eating More Fruit

- **Keep fruit in plain sight.**
- **Buy what is in season.**
- **Have fruit for breakfast, lunch and dinner.**
- **Serve to your grandchildren.**

Remember: You can have fruit fresh, frozen, or canned!

What's in season?



Winter

Grapefruit, Kiwifruit, Oranges, Pears, Tangerines



Spring

Apricots, Honeydew, Mango, Oranges, Pineapple, Strawberries



Summer

Apricots, Blackberries, Blueberries, Cantaloupe, Cherries, Figs, Nectarines, Plums, Grapes, Peaches, Strawberries, Watermelon

Fall

Cranberries, Grapes, Pears, Pineapple, Pomegranate



Year round

Apples and bananas



Here's an easy recipe for a healthy snack for the week!

Frozen Fruit Cups

Yield: 6 servings

Ingredients:

- 1 banana, peeled and mashed
- 8 ounces yogurt, non-fat strawberry flavored (or plain)
- 1/3 cup sliced strawberries, frozen, thawed, undrained
- 1/3 cup crushed pineapple, undrained

Preparation:

1. Line 6 muffin tin(s) cups with paper baking cups.
2. In a small mixing bowl, combine banana, yogurt, strawberries, and pineapple.
3. Spoon into muffin tin and freeze at least 3 hours or until firm.
4. Remove frozen cups and store in a plastic bag in the freezer.
5. Before serving, remove paper cups.

Nutrition Analysis:

Calories: 54 Carbohydrate: 15 grams Protein: 2 grams

Fat: 0 grams Cholesterol: 0 milligrams

Sodium: 22 milligrams Fiber: about 1 gram

