The University of Georgia

Focus on Fruit

<u>Fruits are a good</u> <u>source of vitamin</u> <u>C, potassium, fiber,</u> <u>and folic acid.</u>

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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



Summer

Spring

Apricots, Honeydew, Mango, Oranges, Pineapple, Strawberries



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

 Fall
 Fall

 Cranberries, Grapes, Pears, Pineapple, Pomegranate
 Fall

 Year round
 Year round

Apples and bananas

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

Frozen Fruit Cups

Yield: 6 servings

Ingredients:

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- 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