

Fit For Life: A Family Approach

Eating Your Fruits

By Kathleen M. Stadler and Joan C. Elledge*

Fit For Life: A Family Approach is a nutrition series for families. The information, challenges, games, puzzles, and food preparation suggestions are designed to encourage you and your family to discuss daily habits that promote good health.

Read the publication, solve the puzzles, and play the Table Talk Challenge with your family. Become a "Fit for Life Family!" and meet the Virginia Cooperative Extension's challenge!

- 🍏 Eat a Variety of Fruits, Vegetables, and Whole-Grain Foods
- 🍏 Eat 2 Servings of Calcium Rich Foods
- 🍏 Be Physically Active
- 🍏 Handle Food Safely

Your challenge is to help your family eat 2 to 4 servings of fruits each day by:

- Choosing high fiber fruits — pears, oranges, apples, mangoes, or peaches
- Serving a variety of fruits
- Buying canned fruits packed in natural juices or light syrup
- Selecting 100% fruit juices

Wise food choices help you and your family stay in good health. Good health and eating practices help us enjoy life at work, school, and play. The Food Guide Pyramid shows that we should eat at least two servings of fruit every day. The National Cancer Institute developed the "5 A Day" program to encourage Americans to eat at least five servings of fruits and vegetables each day. Fruits are great sources of vitamins A and C, and fiber.

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Food Guide Pyramid

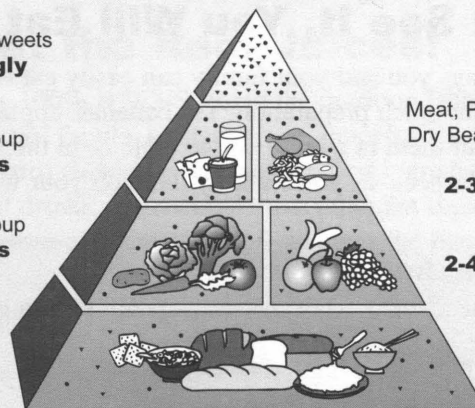
Fats, Oils & Sweets
Use Sparingly

Milk, Yogurt
& Cheese Group
2-3 Servings

Vegetable Group
3-5 Servings

Meat, Poultry, Fish,
Dry Beans, Eggs &
Nuts Group
2-3 Servings

Fruit Group
2-4 Servings



Bread, Cereal, Rice & Pasta Group
6-11 Servings

Food Guide Pyramid for Young Children

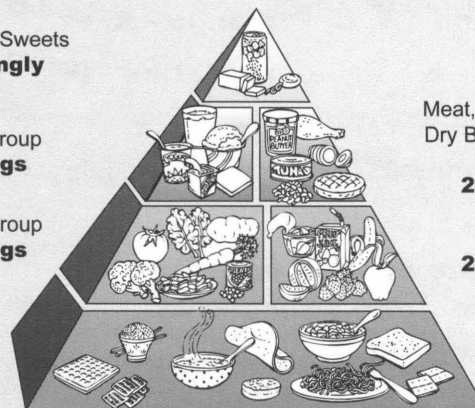
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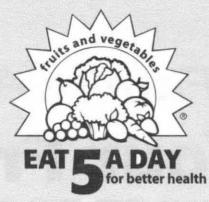
Bread, Cereal, Rice & Pasta Group
6-11 Servings

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Fruit is nature's fast food and can be eaten anytime!

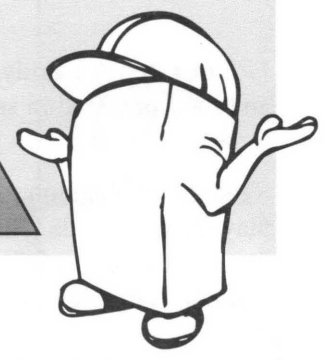
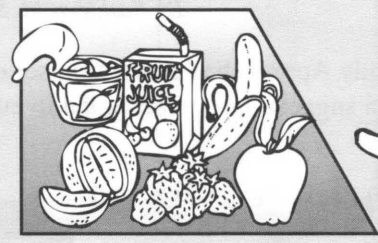
Fruits:

- Have vitamins, minerals, and fiber for healthy bodies
- Help bodies resist infections
- Aid the digestive system
- Help control appetite so we eat fewer calories
- Have natural ingredients called phytochemicals, which may protect you from diseases
- Help clean teeth - called "nature's toothbrush"



What is a serving size?

- 1 medium fruit such as an apple, banana, or orange
- 1/2 cup of chopped, cooked, or canned fruit
- 1/4 cup dried fruit (e.g., raisins or apricots)
- 3/4 cup (6 oz.) of 100% fruit juice



If You See It, You Will Eat It!

Think of ways you and your family can easily eat two fruits in a day. The easiest way is to buy fruits that can be eaten without much preparation. Try bananas, apples, oranges, grapes, or pears—nature's fast foods! Wash all fruits and put them in a bowl on the table or in the refrigerator so that they can be seen. People tend to eat fruits if they can be seen—as you walk by them on your way to work, school, play, or watching TV.

Fruit Basket Upset

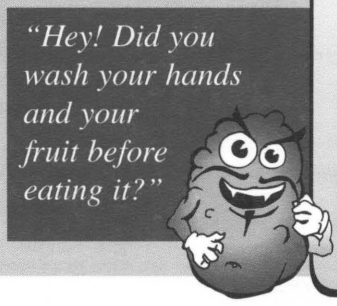
Circle your favorite fruits. Most fruits are rich in many nutrients. You get many health benefits from one fruit!

- | | | | |
|-----------------------------|--------------------------|-------------------------|----------------------------|
| apple - F | grapes - F | orange - C, F | prunes - F |
| apricot - A, F | grapefruit - C, F | papaya - A, C | raisins - F |
| banana - F | honeydew - C | peach - F | raspberries - C, F |
| blueberries - C, F | kiwi - C, F | pear - F | strawberries - C, F |
| cantaloupe - A, C, F | mango - A, F | pineapple - C, F | tangerine - C, F |
| cherries - A | nectarine - F | plum - F | watermelon - C |

A= Vitamin A Rich Fruit
C= Vitamin C Rich Fruit
F= Fiber Rich Fruit

How many of your favorite fruits are good sources of these nutrients?

Vitamin A: _____
Vitamin C: _____
Fiber: _____



Fruit Salad

Cut and mix:
2 bananas 2 tangerines or oranges
2 apples 1 can pineapple tidbits in natural juices
Top with 2-3 tsp. plain or vanilla yogurt, if desired.
Serve in small cups or ice cream cone.
One Serving has 55 RE Vitamin A, 64 mg Vitamin C, 9 g Dietary Fiber, 170 Calories, 3 g Protein, 42 g Carbohydrates, 1 g Fat, 2 mg Iron, 73 mg Calcium, 42 mg Sodium



"Eat At Least One Vitamin C Rich Food Every Day!"

Vitamin C

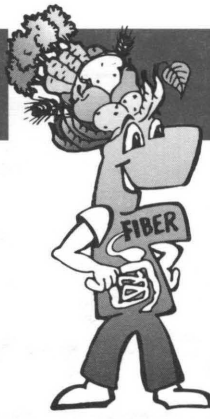
Puts the healthy glow on our skin and sparkle in our eyes by:

- Repairing blood vessels
- Helping calcium make strong bones and teeth
- Assisting with iron absorption from foods

Citrus fruits are a special group of fruits – orange, lemon, lime, and grapefruit. They contain lots of Vitamin C, which is important for healing cuts and bruises, and helping to prevent diseases.

Circle the 3 fruits that are a great source of vitamin C. Answer on page 4.

kiwi	apple	grapefruit
cantaloupe	banana	pear



"Eat One Fiber Rich Food Every Day!"

Fiber

All fresh fruits are good fiber foods. Processed or canned fruits have less fiber or roughage. Write #1 next to the food with the most fiber, #2 for the second best fiber food, and #3 next to the food with the smallest amount of fiber. Answer on page 4.



___ Apple Juice ___ Apple Sauce ___ Apple With Skin

Get the Real Juices!

Buy 100% JUICES- Read the nutrition label. The type of juice (apple, orange, grape, grapefruit, pineapple, or tomato) should be listed as the first ingredient. Avoid fruit drinks and cocktail drinks that list sugar, or high fructose or sucrose (sugar) water as the first ingredient.

Cut costs by:

- Buying year-round fruits: apples, bananas, grapes, kiwi, oranges, or raisins.
- Buying in-season fruits: apricots, berries, pears, peaches, plums, or melons.
- Using a mix of fresh, canned, frozen, & dried fruits.
- Using coupons.
- Shopping-during sales & store specials.
- Shopping at farmer's market seasonal specials.

Let's Get Fruity

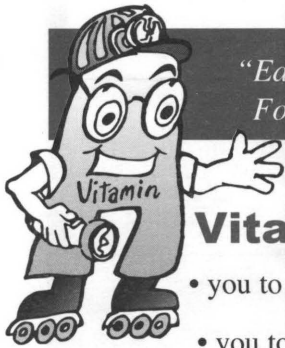
Fruits can be eaten or prepared in many ways fresh, baked, stewed, microwaved, or in sauces. Fruits can be eaten at...

Breakfast in cereals, muffins, or pancakes

Lunch in salads, desserts, baked fruits, or 100% juice

Dinner in coleslaw, or as apple sauce or cooked fruits

Snacks as fresh fruits, blended fruit and milk drinks, mixed dried fruits, or peanut butter on fruits



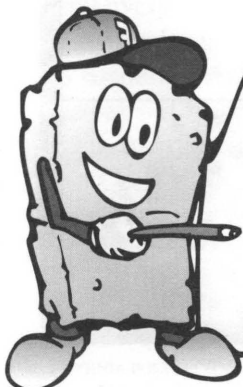
"Eat At Least One Vitamin A Rich Food Every Day!"

Vitamin A helps

- you to see at night or in the dark
- you to have healthy skin
- to prevent infections

Dark yellow or orange colored fruits are great sources of vitamin A. Which 2 fruits are rich in vitamin A? Answer on page 4.

apricots	cantaloupe
grapes	apple

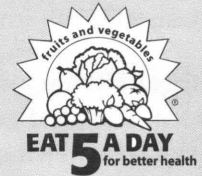
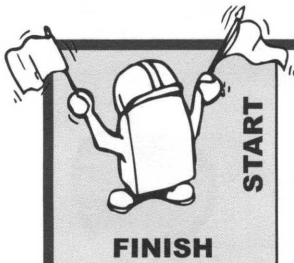


"I soak up moisture like a sponge to move food through your digestive system. I am found in the chewy parts of the plants. Eat the skins and membranes of veggies. Eat one high fiber vegetable every day."

Table Talk Challenge

Game Rules:

1. 2-3 players.
2. The youngest person takes the first turn.
3. Select a dried bean, uncooked macaroni, or a nut as a game piece for each player.
4. Use the list of questions letting the child answer, then the adult.
5. Follow instructions written on the game board.
6. The first player to reach or get the closest to the "Healthy Family" square is the winner.



Game moves:

- 🍎 Did you eat a fruit for breakfast or a snack today? If yes, move 1 space.
- 🍎 Did you read food labels for nutrition information today? If yes, move 2 spaces.
- 🍎 Fruits are sold in several different forms—fresh, canned, frozen, or freeze dried. Name the forms that you like the most. Move 1 space.
- 🍎 Every day you should try to eat at least one vitamin A rich food. Name all the vitamin A rich fruits (bright orange, yellow, or dark green in color) that you ate today. (See list on page 2) Move 1 space for each vitamin A rich fruit that you ate today.
- 🍎 Did you eat at least 2 different fruits today? Move 2 spaces, if you did.
- 🍎 Before eating or preparing fresh, raw fruits, everyone needs to wash them. Did you wash all your fruit today? Move 1 space, if you did.
- 🍎 Every day you should eat one high fiber food. Did you eat a high fiber fruit today? (See list on page 2) Move 3 spaces, if you did!
- 🍎 Did you drink 6-8 glasses of fluids, especially 2 glasses of water today? Move 1 space if you drank 4 glasses or move 2 spaces if you drank more than 4 glasses.
- 🍎 Every day you should eat one vitamin C rich food. Did you eat one vitamin C rich food today? (See list on page 2) Move 2 spaces, if you did!
- 🍎 Did you take a walk or do another physical activity for 15-20 minutes today? Move 1 space for 10 minutes; 2 spaces for 20 minutes; or 3 spaces for more than 30 minutes. Good Job!
- 🍎 Did you eat breakfast this morning? Move 2 spaces, if you did.
- 🍎 Did you get 7-8 hours of rest last night? Move 1 space, if you did.
- 🍎 Did you choose to eat a fruit instead of a high fat or sugar food? Move 2 spaces, if you did.

