



Exploring the Food Groups







Let your kids be produce pickers. Let them pick fruits at the store.

Fruits: the ultimate fast food

Everyone likes a sweet treat, but too much added sugar can be bad for our health. Fruit is a healthy way to satisfy your sweet tooth every day. Choose fresh fruits when in season or canned fruit packed in water or juice. Fruit is fat-free and filling because it contains fiber. Fruit is nature's fast food. It is easy to carry for snacking on the go. Fiber in food is important because it helps us feel full, promotes a healthy digestive tract and helps prevent dangerous health issues like heart disease and cancer. When processed, food loses some fiber as the examples show below.

Which apple is best?

Fresh whole		more processed	
			
4g fiber (whole apple)	2.4g fiber (apple without peel)	1.8g fiber (applesauce)	0.2g fiber (3/4 cup apple juice)

If you chose the apple with peel, you're right! Whole fruits with peels like apples and pears have more fiber than fruits without the peel. And whole fruits are a better source of fiber than fruit juice.

How can you make choosing fruits the easy choice?

Breakfast bonanzas

- Microwave oatmeal with cinnamon and diced apple, pear or banana.
- Top whole-wheat toaster waffles with fresh berries.



Power snacks

- Leave the peel on fruit and slice for a quick snack.
- Blend fruit with yogurt for a delicious smoothie.
- Spread peanut butter on apple slices (keep the peel on!).
- Dip fresh fruit chunks with the skin on in low-fat vanilla or fruit-flavored yogurt.



Wash before you bite

Wash fruits in running water before preparing or cooking. Never use soap on fresh fruits. It's not safe to eat. Use a brush to scrub fruits that have a hard peel or rind like melon.

Recipe

Frosty Grapes

What you need:

- Grapes, washed and air-dried
- Cookie sheet lined with plastic wrap

Directions:

1. Spread grapes on cookie sheet.
2. Cover with a layer of plastic wrap.
3. Freeze until firm, two to three hours.
4. Enjoy plain or dip in low-fat vanilla or fruit-flavored yogurt.

Frozen fruit will keep for several days in a freezer bag in the freezer.



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For more information, call MU Extension's Show Me Nutrition Line at 1-888-515-0016.

Need help stretching your food dollars? Contact your local resource center or go online to mydss.mo.gov/food-assistance