



Ohio State University Extension
Family Nutrition Program
Expanded Food and Nutrition Education Program

Nutrition News

Family Edition

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Check out these FREE classes by the FOOD LADY, Patti Koester. These classes are for families and individuals with limited food resources.

July 12 and 14:

EAT RIGHT! What you need to eat to be at best health now and reduce risk of illness in the future

July 19

READ IT BEFORE YOU EAT IT
How the food label can help you with what you choose to eat.

July 21

PORTION DISTORTION! How portion size as changed and how it contributes to overweight

July 26 and 28

S-T-R-E-T-C-H-I-N-G FOOD \$\$
Strategies at home and in the grocery store to make your food money go farther
ALL CLASSES ARE AT THE OSU EXTENSION OFFICE AND START AT 9:30.

REGISTER by calling Patti at 419 422-3851

PLEASE - no children.

For more information contact:

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Extension Educator

Family and Consumer Sciences

Include More Fruits in Your Diet

Are you trying to include more fruits each day? These tips may help you:

- You need 2 cups of fruit each day if you eat 2000 calories. If you eat 1200–1400 calories you need 1 cup. If you eat 2800 calories or more you need 2½ cups.
- A 1-cup serving of cut-up cooked or fresh fruit or 100% fruit juice equals 1/2-cup dried fruit or 1 medium whole fruit.
- Keep fresh fruits at eye level in the refrigerator or on the table for between-meal snacks. What you see is what you eat.
- Add fruits to foods you already like. For example, add strawberries or bananas to cereal. Try cutting up 4 dried apricots, or using 2 tablespoons of raisins or cranberries.
- Choose 100% fruit juice, instead of a soft drink. One cup of juice will give you 1/2 the fruit you need for the day if you are eating 2000 calories.
- Add fresh berries, oranges, or pieces of apple to a salad.
- Need foods to grab and go? Choose a snack that comes in its own wrapper, like an apple, banana, peach, or orange.
- Eat whole fruits vs. fruit juice to add fiber in your diet. Fruits can be fresh, frozen, canned, or dried.

Smart Fruit Choices

What fruits are healthy? All fruits are healthy. Plenty of different fruits, along with other healthy eating habits, may help protect you against many chronic diseases. Fruits provide vitamins, minerals, fiber, and other substances that are important for good health. Most people do not eat enough fruits. To promote good health, eat at least 2 cups of fruits a day. Eat a variety of fruits. Eat fruits with little or no added sugar.

Different fruits are rich in different nutrients. Key nutrients are vitamins A and C, folate, and potassium.

Best fruit sources of vitamin A: Orange colored fruits such as cantaloupe and apricots (fresh or dried).

Best fruit sources of vitamin C: Citrus fruits and juices (oranges, tangerines, clementines, grapefruit), kiwi fruit, strawberries, cantaloupe, guava, papaya, and pineapple.

Best fruit sources of folate (a B vitamin):

Oranges and orange juice.

Best fruit sources of potassium: Bananas, plantains, dried fruits such as apricots and prunes, cantaloupe, orange juice.

Use a Generous Amount of Summer Fruits

Colorful fruits provide vitamins, minerals, and chemicals your body needs to:

- maintain good health and energy levels.
- protect against the effects of aging.
- reduce the risk of cancer and heart disease.

Strawberries and peaches/nectarines are popular summer fruits. They cost less now (in season) than at other times of the year.

Strawberries

Strawberries can be large or small, but all are red when ripe. Strawberries are a good source of fiber and vitamin C. They also have substances in them called lutein and zeaxanthin that help protect the eyes from eventual blindness from a disease called macular degeneration.

1 cup (8 large) strawberries contains:

- 47 calories,
- no fat, no cholesterol, and no sodium,
- about 3grams fiber.

1 cup strawberries also provides Vitamin C folate that you need each day.

Buy strawberries that are bruise-free and firm to the touch. The cap stem should be attached.

They should have a pleasant smell and a full red color. Refrigerate berries unwashed until you are ready to serve them. Rinse with cool, running water.

Here are some ways to include strawberries in your diet.

- Cut them up and combine with other fruits for a salad.
- Make strawberry pie.
- Make frozen pops. Puree or mash the berries. Add sweetener if you like. Fill small paper cups. Insert a plastic spoon handle. Freeze. Delicious!
- Cut up and add to breakfast cereal or to a green salad.
- Eat strawberries alone for a quick snack or with low-fat vanilla yogurt as a dip.

Peaches and nectarines

1 cup nectarine or peach slices (one 2½-inch diameter fruit) has:

- 62 calories,
- 2.4 grams fiber,
- no fat, no cholesterol, and no sodium.

One piece of these fruits also provide 10% of the vitamin A you need each day.

Buy peaches or nectarines that are firm but have a yellow undertone to the skin. Fruit with a green undertone will not ripen well. Look for a slight softening along the “seam” of the fruit. Russeting (a brown stain on the skin) may affect the looks of a nectarine but does not affect the flesh, its eating quality, or its nutrition.

Sources: United States Department of Agriculture. United States Department of Health and Human Services. *Dietary Guidelines for Americans 2005*. Washington, D.C; USDA National Nutrient Database for Standard Reference, Release 18 (2005); and USDA Agricultural Marketing Service Home and Garden Bulletin #260, How to Buy Fresh Fruits available at <http://www.ams.usda.gov/howtobuy/fruit.htm>.

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