

Fruits go back to School

Children should have access to healthy food and be able to make healthy food choices wherever they are – at home, in school, and out in the community. Improving the health of the nation’s children and reversing the childhood obesity epidemic is a shared responsibility and will take the commitment of parents, the foodservice industry, the media, and schools working together.

Why do children need to eat more fruits?

- Fruits are nutritious, flavorful, and appealing to children. Fruits are naturally low in fat, sodium, and calories - none have cholesterol. Fruits are important sources of many nutrients, including dietary fiber, vitamin C, potassium, folate, and phytochemicals.
- Eating fruits that are low in calories per cup instead of some other higher-calorie food may be useful in helping to lower calorie intake.
- Eating a diet rich in fruits and vegetables as part of a healthy diet may reduce risk for chronic diseases such as stroke, coronary heart disease, type 2 diabetes, and certain types of cancers.

How can I help my children eat more fruit?

- Involve children in shopping, cleaning, peeling, and preparing fruits. Children are more likely to eat foods that they select and help prepare.
- Allow children to pick out a new fruit to try at home.
- Use fruits as an edible decoration for plates or serving dishes.
- Top off a bowl of cereal with some berries, bananas, or peaches.
- Add banana slices to a peanut butter sandwich.
- Offer raisins or other dried fruits instead of candy.
- Make fruit kabobs using pineapple chunks, bananas, and berries.
- Serve fruit side dishes and sauces such as mango salsa or berry compote with chicken, fish, or meat.
- Keep cut fruit readily available for children. Whole fruits can be difficult for children to handle.
- Bake fruits such as apples or pears for dessert.
- Make healthy frozen fruit bars using 100% juice as alternatives to high-fat snacks.
- Make a fruit smoothie with fat-free or low-fat milk or yogurt and fresh, canned, or frozen fruit. Try bananas, peaches, strawberries, or other berries.
- Try fruits with different textures - crunchy apples, smooth and creamy bananas, and juicy oranges.



Things to consider:

- Buy fresh fruits in season when they are at their peak flavor.
- Keep a supply of dried, frozen, and canned fruits on hand and readily available.
- Serve whole or cut-up fruit rather than juice for more dietary fiber.
- Select fruit canned in 100% fruit juice or water rather than syrup.
- Vary fruit choices. Fruits differ in nutrient content.

For more information, visit us on the web at:
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Blueberry Banana Smoothie

4 servings

- 2 cups Blueberries
- 1 each Banana, small
- 1 cup Skim milk
- 1 cup Yogurt, plain, nonfat
- 1 tablespoon Honey

1. Wash blueberries under cold running water.
2. Place blueberries, banana, milk, and yogurt in a blender. Cover. Blend ingredients until smooth.
3. Serve in a glass with a few blueberries for garnish.

Nutrition Facts

Serving Size (223g)
Servings Per Container

Amount Per Serving

Calories 130 **Calories from Fat 5**

% Daily Value*

Total Fat 0g **0%**

 Saturated Fat 0g **0%**

Cholesterol 0mg **0%**

Sodium 65mg **3%**

Total Carbohydrate 29g **10%**

 Dietary Fiber 2g **8%**

 Sugars 21g

Protein 6g

Vitamin A 8% • Vitamin C 20%

Calcium 15% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Nutrition Facts

Serving Size (252g)
Servings Per Container

Amount Per Serving

Calories 120 **Calories from Fat 10**

% Daily Value*

Total Fat 1g **2%**

 Saturated Fat 0g **0%**

Cholesterol 0mg **0%**

Sodium 40mg **2%**

Total Carbohydrate 30g **10%**

 Dietary Fiber 3g **12%**

 Sugars 17g

Protein 4g

Vitamin A 6% • Vitamin C 70%

Calcium 10% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Frozen Strawberry Banana Smoothie

4 servings

- 1 cup Strawberries, frozen, IQF (individually quick frozen)
- 2 each Bananas, small
- 1 cup Yogurt, plain, nonfat
- 1 cup Orange juice

1. Place frozen strawberries, banana, yogurt, and orange juice in a blender. Cover. Blend ingredients until smooth.
2. Serve in a glass with a strawberry for garnish.

Nutrition Facts

Serving Size (231g)
Servings Per Container

Amount Per Serving

Calories 100 **Calories from Fat 5**

% Daily Value*

Total Fat 0g **0%**

 Saturated Fat 0g **0%**

Cholesterol 0mg **0%**

Sodium 10mg **0%**

Total Carbohydrate 26g **9%**

 Dietary Fiber 1g **4%**

 Sugars 13g

Protein 1g

Vitamin A 6% • Vitamin C 60%

Calcium 2% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Peachy Breeze Smoothie

6 servings

- 1 can, 20 oz Pineapple tidbits, canned in juice, drained
- 1 can, 15 oz Mango, canned in juice, drained
- 1 can, 15 oz Peaches, canned in juice, drained
- 1 cup Ice
- 1 cup Orange juice or juice from canned fruit
- Raspberries for garnish, optional

1. Drain canned fruit. Place pineapple, mango, peaches, ice, and orange juice in a blender. Cover. Blend ingredients until smooth.
2. Serve in a glass with a few raspberries for garnish.

Berry Glaze for Chicken* or Fish

- 2 teaspoons Olive oil, extra virgin
- 2 cloves Garlic, chopped
- 2 teaspoons Ginger, grated
- 2 cups Fresh seasonal berries, such as raspberries, blackberries, or blueberries
- 2 cups Chicken or vegetable stock
- 2 tablespoons Honey
- 1 teaspoon Dijon mustard
- 1 teaspoon Sweet soy sauce (optional)

1. Over high heat, heat a saucepan. Add the oil, garlic, and ginger, sauté quickly, about 30 seconds.
2. Add the berries, stock, and honey; cook until the berries are tender and the stock has reduced, about 10 minutes. Remove the sauce from the stove and puree with a hand blender or blender. Strain and place back into a saucepan.
3. Season with mustard and sweet soy sauce. Keep warm or refrigerate until ready to use and reheat.

*Recipe may be used as a dipping sauce for grilled chicken fingers.

Source: Caprial's Bistro, Portland, Oregon