

# *Discover MyPlate*

## *Fantastic Fruits!*



*Wednesday, March 20, 2019*

Marais des Cygnes Extension District, Paola Office

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## What foods are in the Fruit Group?

Any fruit or 100% fruit juice counts as part of the Fruit Group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed.



## How much fruit is needed daily?

The amount of fruit you need to eat depends on age, sex, and level of physical activity. Recommended daily amounts are shown in the table below.

Note: Click on the top row to expand the table. If you are on a mobile device, you may need to turn your phone to see the full table.

DAILY FRUIT TABLE		
DAILY RECOMMENDATION*		
CHILDREN	2-3 years old	1 cup
	4-8 years old	1 to 1 ½ cups
GIRLS	9-13 years old	1 ½ cups
	14-18 years old	1 ½ cups
BOYS	9-13 years old	1 ½ cups
	14-18 years old	2 cups
WOMEN	19-30 years old	2 cups
	31-50 years old	1 ½ cups
	51+ years old	1 ½ cups
MEN	19-30 years old	2 cups
	31-50 years old	2 cups
	51+ years old	2 cups

\*These amounts are appropriate for individuals who get less than 30 minutes per day of moderate physical activity, beyond normal daily activities. Those who are more physically active may be able to consume more while staying within calorie needs.

## What counts as a cup of fruit?

In general, 1 cup of fruit or 100% fruit juice, or ½ cup of dried fruit can be considered as 1 cup from the Fruit Group. This table below shows specific amounts that count as 1 cup of fruit (in some cases equivalents for ½ cup are also shown) towards your daily recommended intake.

Note: Click on the top row to expand the table. If you are on a mobile device, you may need to turn your phone to see the full table.

Swipe to see the full table. false

CUP OF FRUIT TABLE		
	AMOUNT THAT COUNTS AS 1 CUP OF FRUIT	OTHER AMOUNTS (COUNT AS 1/2 CUP OF FRUIT UNLESS NOTED)
Apple	½ large (3 ¼" diameter) 1 small (2 ¼" diameter) 1 cup, sliced or chopped, raw or cooked	½ cup, sliced or chopped, raw or cooked
Applesauce	1 cup	1 snack container (4oz)
Banana	1 cup, sliced 1 large (8" to 9" long)	1 small (less than 6" long)
Cantaloupe	1 cup, diced or melon balls	1 medium wedge (1/8 of a med. melon)
Grapes	1 cup, whole or cut-up 32 seedless grapes	16 seedless grapes
Grapefruit	1 medium (4" diameter) 1 cup, sections	½ medium (4" diameter)
Mixed fruit (fruit cocktail)	1 cup, diced or sliced, raw or canned, drained	1 snack container (4 oz) drained = 3/8 cup

<b>CUP OF FRUIT TABLE</b>		
	<b>AMOUNT THAT COUNTS AS 1 CUP OF FRUIT</b>	<b>OTHER AMOUNTS (COUNT AS 1/2 CUP OF FRUIT UNLESS NOTED)</b>
Orange	1 large (3 1/16" diameter) 1 cup, sections	1 small (2 3/8" diameter)
Orange, mandarin	1 cup, canned, drained	
Peach	1 large (2 3/4" diameter) 1 cup, sliced or diced, raw, cooked, or canned, drained 2 halves, canned	1 small (2" diameter) 1 snack container (4 oz) drained = 3/8 cup
Pear	1 medium pear (2 1/2 per lb) 1 cup, sliced or diced, raw cooked, or canned, drained	1 snack container (4 oz) drained = 3/8 cup
Pineapple	1 cup, chunks, sliced or crushed, raw, cooked or canned, drained	1 snack container (4 oz) drained = 3/8 cup
Plum	1 cup, sliced raw or cooked 3 medium or 2 large plums	1 large plum
Strawberries	About 8 large berries 1 cup, whole, halved, or sliced, fresh or frozen	1/2 cup whole, halved, or sliced
Watermelon	1 small (1" thick) 1 cup, diced or balls	6 melon balls
Dried fruit (raisins, prunes, apricots, etc.)	1/2 cup dried fruit	1/4 cup dried fruit or 1 small box raisins (1 1/2 oz)

<b>CUP OF FRUIT TABLE</b> <span style="float: right;">☐</span>		
	<b>AMOUNT THAT COUNTS AS 1 CUP OF FRUIT</b>	<b>OTHER AMOUNTS (COUNT AS 1/2 CUP OF FRUIT UNLESS NOTED)</b>
100% fruit juice (orange, apple, grape, grapefruit, etc.)	1 cup	½ cup

Last Updated: Jan 3, 2018





# Focus on fruits

Eating fruit provides health benefits. People who eat more vegetables and fruits as part of an overall healthy eating style are likely to have a reduced risk of some chronic diseases. Fruits provide nutrients vital for health, such as potassium, dietary fiber, vitamin C, and folate. Focus on whole fruits—fresh, canned, frozen, or dried—instead of juice. The sugar naturally found in fruit does not count as added sugar.

## 1 Keep visible reminders

Keep a bowl of whole fruit on the table, counter, or in the refrigerator.



## 2 Experiment with flavor

Buy fresh fruits in season when they may be less expensive and at their peak flavor. Use fruits to sweeten a recipe instead of adding sugar.

## 3 Think about variety

Buy fruits that are dried, frozen, and canned (in water or 100% juice) as well as fresh, so that you always have a supply on hand.



## 4 Don't forget the fiber

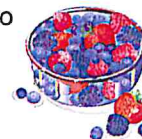
Make most of your choices whole or cut-up fruit, rather than juice, for the benefits that dietary fiber provides.

## 5 Include fruit at breakfast

At breakfast, top your cereal with bananas, peaches, or strawberries; add blueberries to pancakes; drink 100% orange or grapefruit juice. Or, try a fruit mixed with fat-free or low-fat yogurt.

## 6 Try fruit at lunch

At lunch, pack a tangerine, banana, or grapes to eat or choose fruits from a salad bar. Individual containers of fruits like peaches or applesauce are easy to carry and convenient for lunch.



## 7 Enjoy fruit at dinner, too

At dinner, add crushed pineapple to coleslaw or include orange sections, dried cranberries, or grapes in a tossed salad. Try fruit salsa on top of fish.

## 8 Snack on fruits

Fruits make great snacks. Try dried fruits mixed with nuts or whole fruits like apples. They are easy to carry and store well.

## 9 Be a good role model

Set a good example for children by eating fruit every day with meals or as snacks.

## 10 Keep fruits safe

Rinse fruits before preparing or eating them. Under clean, running water, rub fruits briskly to remove dirt and surface microorganisms. After rinsing, dry with a clean towel.





# 10 tips

Nutrition Education Series

# smart shopping for veggies and fruits



## 10 tips for affordable vegetables and fruits

**It is possible to fit vegetables and fruits into any budget.** Making nutritious choices does not have to hurt your wallet. Getting enough of these foods promotes health and can reduce your risk of certain diseases. There are many low-cost ways to meet your fruit and vegetable needs.

### 1 celebrate the season

Use fresh vegetables and fruits that are in season. They are easy to get, have more flavor, and are usually less expensive. Your local farmer's market is a great source of seasonal produce.



### 2 why pay full price?

Check the local newspaper, online, and at the store for sales, coupons, and specials that will cut food costs. Often, you can get more for less by visiting larger grocery stores (discount grocers if available).

### 3 stick to your list

Plan out your meals ahead of time and make a grocery list. You will save money by buying only what you need. Don't shop when you're hungry. Shopping after eating will make it easier to pass on the tempting snack foods. You'll have more of your food budget for vegetables and fruits.

### 4 try canned or frozen

Compare the price and the number of servings from fresh, canned, and frozen forms of the same veggie or fruit. Canned and frozen items may be less expensive than fresh. For canned items, choose fruit canned in 100% fruit juice and vegetables with "low sodium" or "no salt added" on the label.



### 5 buy small amounts frequently

Some fresh vegetables and fruits don't last long. Buy small amounts more often to ensure you can eat the foods without throwing any away.

### 6 buy in bulk when items are on sale

For fresh vegetables or fruits you use often, a large size bag is the better buy. Canned or frozen fruits or vegetables can be bought in large quantities when they are on sale, since they last much longer.

### 7 store brands = savings

Opt for store brands when possible. You will get the same or similar product for a cheaper price. If your grocery store has a membership card, sign up for even more savings.

### 8 keep it simple

Buy vegetables and fruits in their simplest form. Pre-cut, pre-washed, ready-to-eat, and processed foods are convenient, but often cost much more than when purchased in their basic forms.



### 9 plant your own

Start a garden—in the yard or a pot on the deck—for fresh, inexpensive, flavorful additions to meals. Herbs, cucumbers, peppers, or tomatoes are good options for beginners. Browse through a local library or online for more information on starting a garden.



### 10 plan and cook smart

Prepare and freeze vegetable soups, stews, or other dishes in advance. This saves time and money. Add leftover vegetables to casseroles or blend them to make soup. Overripe fruit is great for smoothies or baking.



## Why is it important to eat fruit?

Eating fruit provides health benefits — people who eat more fruits and vegetables as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. Fruits provide nutrients vital for health and maintenance of your body.

### Nutrients

- Most fruits are naturally low in fat, sodium, and calories. None have cholesterol.
- Fruits are sources of many essential nutrients that are underconsumed, including potassium, dietary fiber, vitamin C, and folate (folic acid).
- Diets rich in potassium may help to maintain healthy blood pressure. Fruit sources of potassium include bananas, prunes and prune juice, dried peaches and apricots, cantaloupe, honeydew melon, and orange juice.
- Dietary fiber from fruits, as part of an overall healthy diet, helps reduce blood cholesterol levels and may lower risk of heart disease. Fiber is important for proper bowel function. It helps reduce constipation and diverticulosis. Fiber-containing foods such as fruits help provide a feeling of fullness with fewer calories. Whole or cut-up fruits are sources of dietary fiber; fruit juices contain little or no fiber.
- Vitamin C is important for growth and repair of all body tissues, helps heal cuts and wounds, and keeps teeth and gums healthy.
- Folate (folic acid) helps the body form red blood cells. Women of childbearing age who may become pregnant should consume adequate folate from foods, and in addition 400 mcg of synthetic folic acid from fortified foods or supplements. This reduces the risk of neural tube defects, spina bifida, and anencephaly during fetal development.



### Health benefits

- Eating a diet rich in vegetables and fruits as part of an overall healthy diet may reduce risk for heart disease, including heart attack and stroke.
- Eating a diet rich in some vegetables and fruits as part of an overall healthy diet may protect against certain types of cancers.
- Diets rich in foods containing fiber, such as some vegetables and fruits, may reduce the risk of heart disease, obesity, and type 2 diabetes.
- Eating vegetables and fruits rich in potassium as part of an overall healthy diet may lower blood pressure, and may also reduce the risk of developing kidney stones and help to decrease bone loss.
- Eating foods such as fruits that are lower in calories per cup instead of some other higher-calorie food may be useful in helping to lower calorie intake.

Last Updated: Jun 12, 2015



## Orange-Glazed Pork Loin

- 1 tsp salt
- 1 garlic clove, minced
- ¼ tsp dried thyme
- ¼ tsp ground ginger
- ¼ tsp pepper
- 1 boneless pork loin roast (5lb.)

### Glaze

- 1 cup orange juice
- ¼ cup brown sugar
- 1 Tbsp Dijon mustard
- 1/3 cup cold water
- 1 Tbsp cornstarch

1. Preheat oven to 350°F. Combine first 5 ingredients; rub over roast. Place fat side up on a rack in a shallow roasting pan. Bake, uncovered, for 1 hour.
  2. In a saucepan over medium heat, combine orange juice, brown sugar, & mustard. In a small bowl, mix water & cornstarch until smooth. Add to orange juice mixture. Bring to a boil; cook & stir 2 minutes. Reserve 1 cup glaze for serving; brush half of remaining glaze over roast.
  3. Bake until a thermometer reads 145°F, 20-40 minutes longer, brushing occasionally with remaining glaze. Let stand 10 minutes before slicing. Bake 1 hr 20 min. plus standing.
- Serves: 16  
Reheat reserved glaze; serve with roast.

Per 4 oz. cooked pork: 199 cal, 7gm fat(2g sat fat), 71 mg chol., 212mg sod., 6g carb.(5g sugars, 0 fiber), 28g pro.  
Diabetic Exchanges: 4 lean meat, ½ starch

## Cider-Glazed Pork Loin

- 1 pork tenderloin (1 pound)
- ¼ tsp salt
- ½ tsp pepper, divided
- 1 Tbsp olive oil
- ¾ cup apple cider or juice
- ¼ cup maple syrup
- 2 Tbsp cider vinegar

1. Preheat oven to 425°F. Cut tenderloin in half to fit skillet; Sprinkle with salt and ¼ tsp pepper. In a large skillet, heat oil over medium-high heat; brown pork on all sides. Transfer to a 15x10x1-in. pan. Roast until a thermometer reads 145°, about 12-15 min.
  2. Meanwhile, in same skillet, bring cider, vinegar, remaining pepper, syrup to a boil, stirring to loosen browned bits from pan. Cook uncovered, until mixture, is reduced to glaze consistency, about 5 min.
  3. Remove pork from oven; let stand 5 min before slicing. Serve with glaze.
- Serves 4  
Per 3 ounces cooked pork with 1 Tbsp glaze: 239 cal, 7g fat(2g sat. fat) 64mg chol., 200mg sodium, 19g carb. (17g sugars, 0 fiber), 23g pro  
Diabetic Exchanges: 3 lean meat, 1 starch, 1 fat

# Apple-Cinnamon Pork Loin

## Apple-Cinnamon Pork Loin

1 boneless pork loin roast (2-3 lb)  
½ tsp salt  
¼ tsp pepper  
1 Tbsp canola oil  
3 med. apples, peeled, sliced, divided  
¼ cup honey  
1 small red onion, halved & sliced  
1 Tbsp ground cinnamon  
Minced fresh parsley, optional

1. Sprinkle roast with salt & pepper.

In a large skillet, brown roast in oil on all sides; cool slightly. With a paring knife, cut about sixteen 3-in. deep slits in sides of roast; insert one apple slice into each slit.

2. Place half of remaining apples in a 4-qt slow cooker. Place roast over apples. Drizzle with honey; top with onion & remaining apples. Sprinkle with cinnamon.

3. Cover & cook on low for 6-8 hours or until meat is tender. Remove pork & apple mixture; keep warm.

4. Transfer cooking juices to a small saucepan. Bring to a boil; cook until liquid is reduced by half. Serve with pork and apple mixture. Sprinkle with parsley, if desired.

Servings: 6. Cook time 6-8 hours.

Per serving: 290 cal., 10g fat(3g sat fat), 75mg chol., 241mg sodium, 22g carb., 2g fiber, 29g pro,

Diabetic Exchanges: 4 lean meat, 1 starch, ½ fruit, ½ fat

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## Lime-Honey Fruit Salad

- 1 tsp Cornstarch
- ¼ cup lime juice
- ¼ cup Honey
- ½ tsp Poppy seeds
- 3 med Gala or Red Delicious apples, cubed
- 2 med Pears, cubed
- 2 cups seedless Red grapes
- 2 cups seedless Green grapes

In a small microwave-safe bowl, combine cornstarch & lime juice until smooth. Microwave, uncovered, on high for 20 seconds; stir. Cook 15 seconds longer; stir. Stir in honey & poppy seeds.

In a large bowl, combine the apples, pears, grapes. Pour dressing over fruit; toss to coat. Cover and refrigerate overnight.

Nutrition: ¾ cup equals, 96 calories, trace fat (trace saturated fat), 0 cholesterol, 2 mg sodium, 25 g carbohydrate, 2 gm fiber, 1 g protein  
Diabetic Exchange: 1 ½ fruit

Serves: 12

## Cranberry Fluff

- 4 cups fresh or frozen cranberries
- 3 cups miniature marshmallows
- ¾ cup sugar
- 2 cups diced unpeeled tart apples
- ½ cup halved green grapes
- ½ cup chopped nuts
- ¼ tsp salt
- 1 cup heavy whipping cream, whipped

1. Place cranberries in food processor; cover & process until finely chopped. Transfer cranberries to a large bowl, add marshmallows & sugar. Cover & refrigerate for 4 hours or overnight.

2. Just before serving, stir in apples, grapes, nuts & salt. Fold in whipped cream. Makes 10 servings

¾ cup 264 cal, 12g fat (6g sat fat), 27mg chol., 80mg sod., 38g carb, (30g sugars, 3g fiber), 3g pro.



## **Strawberry Apple Salsa Salad**

1 pt strawberries, sliced  
1 McIntosh apple, chopped  
1 Granny Smith apple, chopped  
2 T. chopped cilantro  
2 t sliced green onion  
3/4 c Light Raspberry Vinaigrette dressing  
6 c torn spinach or Romaine lettuce

Toss strawberries, apples, onion, cilantro and dressing in large bowl. Let stand 10 minutes. Add spinach, toss lightly.

Great substitute:

Prepare as directed, omitting spinach. Serve over cooked chicken.

Variation-Strawberry Apple Salsa

Omit spinach. Substitute chopped strawberries for sliced. Serve with tortilla chips.

Nutrition Facts: 4 ½ oz= 60 Calories, .5g Total Fat, 0mg Chol., 150 mg Sodium, 13g Total Carb., 1g Protein

Diet Exchange: 1 fruit, 1 vegetable, 2 fat

## **Nutella-Stuffed Strawberries**

12 large fresh strawberries  
1/4 c Nutella  
1 c milk chocolate chips, melted  
1/4 c chopped nuts  
Confectioners' Sugar

Remove stems from strawberries. Using a paring knife, cut out centers.

Pipe Nutella into strawberries.

Insert a toothpick into the side of each strawberry. Holding toothpick, quickly dip stem end of strawberry into melted chocolate; allow excess to drip off. Sprinkle with nuts; place strawberries on a waxed paper-lined baking sheet; point side up. Remove tooth pick; refrigerate strawberries until set. Just before serving, dust with confectioners' sugar.

Nutrition Facts:

1 stuffed strawberry: 100 calories, 6 g fat, 2 mg chol, 10 mg sodium; 11 g carbohydrate, 2 g protein

## **Fruit Pizza**

Submitted by Cheryl Sigel, Marias des Cygnes district MFV

Make your favorite pie crust and double. Today we used cookie dough. Bake on pizza pan. Cool completely. Set aside.

While the crust is baking, make orange sauce.

### **Orange Sauce**

¾ cup water

1 cup orange juice

¼ cup lemon juice

1 cup sugar

3 Tablespoons cornstarch

Dash of salt

To the dry ingredients, add liquid ingredients in a sauce pan and mix well. Bring to a boil. Cool completely.

Mix well the following in a medium mixing bowl:

one 8 ounce package cream cheese (softened)

1 teaspoon vanilla

½ cup sugar

Spread over crust. Top with cleaned sliced fresh fruit. If you use canned pineapple, be sure to drain well before placing on the crust. Pour the chilled orange sauce over the fruit and refrigerate until ready to serve.

## Pineapple Surprise

Submitted by Cheryl Sigel, Marias des Cygnes district MFV

- 2 20-ounce pineapple chunks in juice drained saving 6 tablespoons juice
- 1 1/3 cup sugar
- 5 tablespoons flour
- 1 cup of shredded cheese
- 1/4 cup melted butter
- 1 sleeve of Ritz cracker, crushed

### **Step 1:**

Preheat oven to 350 degrees F.

In a medium size bowl combine sugar, flour and reserved pineapple juice. Add pineapple chunks and toss well to combine. Spoon pineapple mixture into casserole dish and top with shredded cheese.

### **Step 2:**

Combine crushed Ritz crackers and melted butter. Spread over evenly on top of the pineapple mixture.

### **Step 3:**

Bake at 350 degrees F for 30 minutes or until bubbly. Serve warm.

Nutrition Information: Calories: 350, Total Fat: 14g, Sodium: 230mg, Total Carb: 57 g