

Pick a **better** snack™



### Store Dried Fruit

You can store dried fruit in an air-tight container in a dry, cool place for several weeks. If you don't plan to use dried fruit in a few weeks, store it in an air-tight container in your refrigerator. Dried fruit can also be frozen in air-tight bags for several months.



For more information, contact your local Extension office.



Fruits and Vegetables....

Good for You!

## Berries!

### A Rainbow of Colors

Berries are one of nature's fast foods and they come in lots of colors!

#### Red

raspberries, strawberries, cranberries, red grapes

#### Black or dark purple

blackberries, mulberries, dark grapes

#### Blue

blueberries

#### Green

green grapes

The sweet and sometimes tart taste of berries reminds us of summer – all year long.

Berries are some of the most nutritious fruits available. In addition to having a lot of vitamin C, folic acid and dietary fiber, they have other "plant chemicals" that are very important for our health.



Fruit Group  
Focus on fruits  
[www.pyramid.gov](http://www.pyramid.gov)

### MyPyramid

recommends that adults eat at least 2 cups of fruit every day. Eight large strawberries or 32 grapes count as 1 cup of fruit. Whole or sliced, fresh or frozen berries provide a low-calorie, high fiber boost to your day.

K-State Research and Extension

Family Nutrition Program

