

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. Many grocery stores carry berries in a variety of forms – fresh, frozen, dried and canned. Look for fresh berries in the late spring and summer months at farmers' markets, roadside stands and grocery stores. Plant strawberries, blackberries or raspberries in your yard or garden for next year's harvest! Children (of all ages) love to eat what they grow!

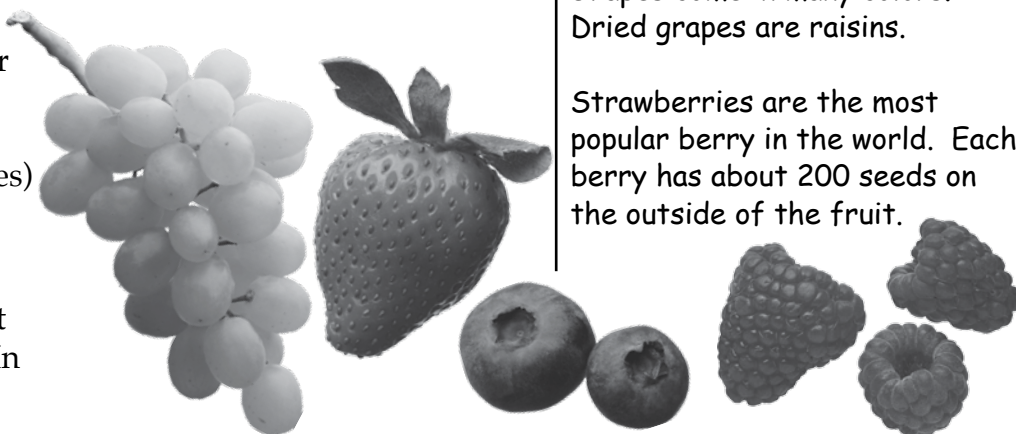
What's in it for me?

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.

The pigment that gives the dark blue, red and purple colors to some berries slows down, or prevents, damage to the body's cells. This pigment may help to:

- Slow the aging process
- Reduce the risk of certain types of cancer
- Maintain a healthy heart
- Maintain brain function as we age
- Lower the risk of common kinds of blindness
- Reduce risk of infection
- Promote urinary health



Fruit Group

Focus on fruits
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. Dried fruits make a delicious snack. They are easy to carry and store well. Because they are dry, 1/4 cup of dried fruit, such as raisins, is equal to 1/2 cup of other fruits. Whole or sliced, fresh or frozen berries provide a low-calorie, high fiber boost to your day.

Berry Fun Facts

Did you know that grapes are true berries? They were favorite fruits of ancient Egyptians 5,000 years ago! Grapes come in many colors. Dried grapes are raisins.

Strawberries are the most popular berry in the world. Each berry has about 200 seeds on the outside of the fruit.

How to....Buy, Store, Rinse, Freeze Berries

Choose berries that are firm, plump and without mold. Handle with care because berries are fragile! Before storing in the refrigerator, throw away any overripe or damaged berries.

Rinse berries under cool, running water just before using.

Berries can be frozen. Rinse and pat dry and spread in a single layer on a large cookie sheet. Freeze, then put berries in a plastic bag. Keep frozen until ready to use. This method makes it possible to measure just the amount needed. Use frozen berries within one year.

When fresh berry prices are high, buy frozen, dried or canned. They are just as nutritious and easy to use. Watch grocery store ads for sales on bags of frozen berries.

Measure out just the amount of frozen berries you need and close the bag tightly to prevent freezer burn on the remaining fruit.

Add Berries to.....

- muffins
- pancakes
- fruit smoothies
- fruit salads
- low fat yogurt with a sprinkle of cereal on top
- mixed green salads
- cottage cheese

Or, eat them plain – delicious!

Berries taste great in a salad or smoothie. Add just a few berries or use exactly what the recipe calls for — either way, you'll be adding nutrition and fabulous flavor!

Berry Good Fruit Salad

Makes 2 cups

Remember to wash your hands and rinse fresh berries well.

- 1 ½ cups berries cut into bite size pieces
(try strawberries, blueberries, grapes, raspberries or a mixture)
- 1/4 cup raisins or dried cranberries
- 1/3 cup non-fat, fruit flavored yogurt
- 1 tablespoon chopped nuts, optional

Combine ingredients in a bowl. Stir gently. Serve cold. Cover and refrigerate leftovers within 2 hours.

Nutrition Facts: One cup provides 110 calories, 0g total fat, 0mg cholesterol, 15mg sodium, 27g total carbohydrate, Vitamin C 80%

Super Fruit Slushie

Makes 3 cups

- 2 cups frozen or fresh mixed berries
- 2 cups low fat milk
- 1 tablespoon honey
- 1/4 cups nuts, optional

Put ingredients in blender. Blend until smooth. Serve cold. Cover and refrigerate leftovers within 2 hours.

Nutrition Facts: One cup provides 120 calories, 0g total fat, 5mg cholesterol, 70mg sodium, 24g total carbohydrate



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.

Dried Fruit: Ready to Eat!
How easy is that?



Kid's Corner...

What happens to grapes that worry too much?

They get all wrinkled and turn into raisins!



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This material was funded by USDA's Food Stamp Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local SRS office or call (800)221-5689.

For more information, contact your local Extension Office