

THE HEALTHY KIDS TIMES

NUTRITION NEWS AND MORE FOR YOUR FAMILY



Fruits

Grades 5-6

Dear Parent,

Fruit is an important part of our diet. Fruits supply us with needed nutrients, vitamins and minerals. Kids in the 9-13 year age group should try to eat 1½ cups of fruit or fruit juice each day. MyPyramid suggests adults eat 2 cups of fruit or fruit juice each day.

Keeping Fruit Safe

Fresh fruit is a great snack, but we need to remember to always wash fruit before eating it. Use plenty of clean, running water to wash fresh produce. Keep fresh fruit separate from meat, poultry or fish. Use one cutting board for produce and a separate one for meat, poultry and fish.

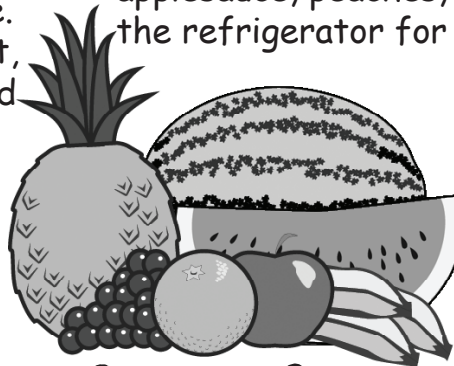
Check the Juice Label

Not all juices are created equal. When choosing fruit juices and juice boxes check the label. Some "juices" contain only a small amount of fruit juice. Look for the words "100% fruit juice" on the label. If the words "cocktail," "drink" and "beverage" are on the label the product may contain less than 100% fruit juice. Many of these drinks are loaded with water, flavorings and sweeteners.

Easy Fruit Snacks

Fruit is a great option for a mid-morning snack, an addition to a sack lunch or as an after school snack. Here are some fruit snack ideas:

- A bag of grapes. In the summer, wash and freeze some grapes for a cool, refreshing snack
- Keep pre-cut chunks of melon in covered containers in your refrigerator
- Send small boxes of raisins in lunch boxes or backpacks
- Keep individual serving containers of applesauce, peaches, fruit cocktail, etc., in the refrigerator for a cool fruit treat.



Buying in Season

When possible, buy fruit that is in season to help reduce your grocery bill. Here are a few tips on when some fruits are more affordable:

- Winter—Citrus Fruits (oranges, grapefruit, tangerines, and lemons)
- Spring—Strawberries, Apricots
- Summer—Melons (cantaloupe, watermelon, honey dew), Peaches, Plums, Blueberries
- Fall—Apples, Pears, Grapes

Parents and Kids, Each day we need to try to include some fruit in our food choices. Kids ages 9-13 need at least 1 ½ cups of fruit each day. Adults need 2 cups of fruit each day. Fruit juice can be included in part of our daily fruit requirements, however, remember that fruit juice contains more calories than the fruit it is made from. Fruit juice does not have the fiber of whole or cut-up fruit. Some fruit drinks may only contain a small amount of fruit juice. Many of these products have added water, flavorings and sweeteners. Take a look at these product labels and decide which have the most calories, the most Vitamin C, and the highest percentage (%) of fruit juice.

1. Apple Juice

Contains 100% Fruit Juice

Nutrition Facts	
Serving Size 10 fl oz Servings Per Container 1	
Amount Per Serving	Calories from Fat 0
Calories 140	
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0g	0%
Sodium 25mg	1%
Total Carbohydrate 38g	12%
Dietary Fiber 6g	24%
Sugars 35g	
Protein 0g	
Vitamin A	0%
Vitamin C	100%
Calcium	0%
Iron	0%

*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	
Total Fat	Less than 65g
Sat Fat	Less than 20g
Cholesterol	Less than 300mg
Sodium	Less than 2,400mg
Total Carbohydrate	300g
Dietary Fiber	25g

Most Vitamin C

Most Fruit Juice

Most Calories

2. Red Fruit Punch

Contains 5% Fruit Juice

Nutrition Facts	
Serving Size 8 fl oz Servings Per Container 16	
Amount Per Serving	Calories from Fat 0
Calories 80	
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0g	0%
Sodium 125mg	5%
Total Carbohydrate 21g	7%
Dietary Fiber 0g	0%
Sugars 20g	
Protein 0g	
Vitamin A	0%
Vitamin C	100%
Calcium	0%
Iron	0%

*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	
Total Fat	Less than 65g
Sat Fat	Less than 20g
Cholesterol	Less than 300mg
Sodium	Less than 2,400mg
Total Carbohydrate	300g
Dietary Fiber	25g

Most Vitamin C

Most Fruit Juice

Most Calories

3. Orange Juice

Contains 100% Fruit Juice

Nutrition Facts	
Serving Size 8 fl oz Servings Per Container 1	
Amount Per Serving	Calories from Fat 0
Calories 110	
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0g	0%
Sodium 15mg	1%
Total Carbohydrate 27g	9%
Dietary Fiber 0g	0%
Sugars 24g	
Protein 2g	
Vitamin A	0%
Vitamin C	100%
Calcium	2%
Iron	0%

*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	
Total Fat	Less than 65g
Sat Fat	Less than 20g
Cholesterol	Less than 300mg
Sodium	Less than 2,400mg
Total Carbohydrate	300g
Dietary Fiber	25g

Most Vitamin C

Most Fruit Juice

Most Calories

4. Berry Blend

Contains 10% Fruit Juice

Nutrition Facts	
Serving Size 8 fl oz Servings Per Container 8	
Amount Per Serving	Calories from Fat 0
Calories 70	
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0g	0%
Sodium 50mg	2%
Total Carbohydrate 19g	6%
Dietary Fiber 0g	0%
Sugars 19g	
Protein 0g	
Vitamin A	100%
Vitamin C	100%
Calcium	0%
Iron	0%

*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	
Total Fat	Less than 65g
Sat Fat	Less than 20g
Cholesterol	Less than 300mg
Sodium	Less than 2,400mg
Total Carbohydrate	300g
Dietary Fiber	25g

Most Vitamin C

Most Fruit Juice

Most Calories



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