



Fruit is in Season

NUTRITION NEWS

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WHY EAT FRUIT?

- Fruit has important nutrients such as Folate, Vitamin C, and Fiber
- Fiber helps keep the digestive system healthy
- Vitamin C helps maintain the body's tissues, improves healing, and increases iron absorption

How Much Fruit?

- MEN 19+ NEED 2 TO 2 ½ CUPS PER DAY
- MEN 60+ NEED 2 CUPS PER DAY
- WOMEN 19+ NEED 1 ½ TO 2 CUPS PER DAY

For Example

1 serving of whole fruit = 1 fist or tennis ball-size

1 serving of applesauce = 1 cup (8 oz.)

1 serving of raisins = ½ cup

1 serving of 100% fruit juice = 1 cup (8oz.)

WHAT KIND IS BEST?

Fruit can be canned, frozen, or fresh, but it is best to choose options with minimal added sugar. Here are some tips:

- When buying canned fruit, look for options that are canned in water or 100% fruit juice.
- Rinse fruit canned in syrup to wash away added sugars.
- Avoid adding table sugar to whole fruit.
- When buying fruit juice, look for options that are 100% juice.
- Eat fruits in a variety of colors to get the most health benefits.

This institution is an equal opportunity provider

Peach Crisp

Yield: 6 servings

Bake Time: 20 minutes



Ingredients

- 4 peaches OR 4 cups canned or frozen peaches
- 2 tablespoons butter or margarine
 - 3/4 cup quick-cooking oats
 - 1/2 cup sugar
 - 1/4 cup flour
 - 2 teaspoons cinnamon
 - 1 teaspoon lemon juice

Directions

1. Preheat oven to 350 degrees Fahrenheit.
2. Slice peaches or, if canned, open and drain.
3. Spread peaches over the bottom of a baking pan.
4. Melt margarine or butter in a small saucepan.
5. In a small mixing bowl, combine everything but the peaches.
6. Pour the oat mixture over the peaches.
7. Bake for 20 minutes.
8. Serve hot or cold.

This recipe can be found at <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/peach-crisp>