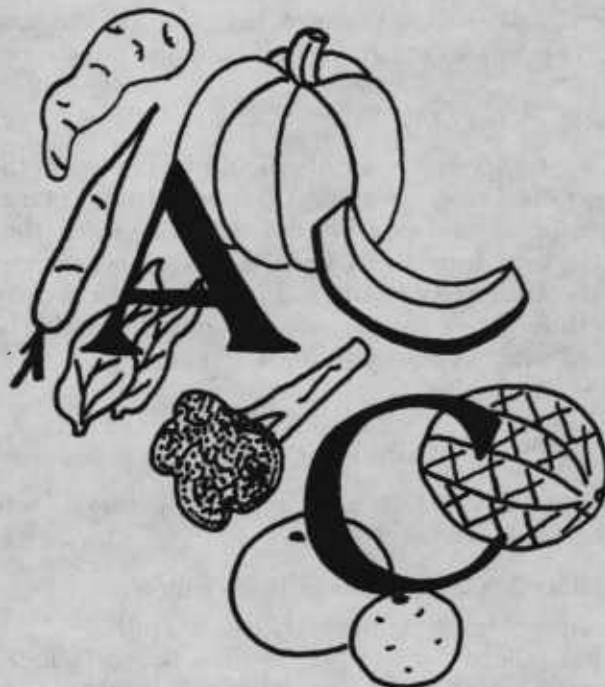


Focus on Nutrition:

E-Z Ways with Fruits and Vegetables

Everyone likes fruits and vegetables. We should eat a variety of fruits and vegetables each day for good health. They give us many of the vitamins and minerals we need. The colors, textures and flavors of fruits and vegetables add variety to our meals. They make eating more fun!

Fruits and vegetables provide most of the vitamin C and over half of the vitamin A we need. Vitamin C helps keep our gums and body tissues healthy. Vitamin A is needed for growth, eye sight, and health skin.



Choose Four or More Servings of Fruits and Vegetables Each Day.

Include in These Four Servings:

ONE serving of a food high in vitamin C or *TWO* servings of foods with some vitamin C.

ONE serving of a food high in vitamin A.

Count as one serving about 1/2 cup (edible part only). The other daily servings may be any fruits or vegetables you like.

Choose your vitamin C and vitamin A fruits and vegetables from the following lists:

Eat one of These Foods High in Vitamin C Daily or

Oranges & Orange Juice
Grapefruit & Grapefruit Juice
Cantaloup
Broccoli
Raw Strawberries
Brussels Sprouts
Sweet Red Pepper
Papaya
Mango
Guava
Green Pepper

Eat Two of These Foods with Some Vitamin C Daily

Potatoes cooked in their jackets
Raw Cabbage
Spinach
Tomatoes
Watermelon
Asparagus Tips
Collards
Mustard Greens
Honeydew Melon
Kale
Tangerines

Eat One of these Foods High in Vitamin A Daily

Carrots
Pumpkin
Sweet Potatoes
Winter Squash
Broccoli
Spinach
Cantaloup
Kale
Apricots
Mango
Collards

Dried fruits such as raisins or prunes are good sources of iron. This mineral helps build good blood.

We will explore some of the many ways fruits and vegetables can be used without cooking on this sheet. For information on cooking fruits and vegetables, check the *Fruit Cookery* and *Vegetable Cookery* sheets.

Uncooked fruits and vegetables can be used in a meal, as snacks, and as party foods. There are many reasons for serving fresh fruits and vegetables. They offer a rainbow of colors, interesting textures, and a

wide variety of flavors. There are countless ways these foods can be used together for added variety. When you eat them raw, you don't have to worry about losing vitamins and minerals in cooking. Serve them raw and save time in fixing fruits and vegetables.

Families may use canned and dried fruits and vegetables received through the Abundant Food Distribution Program in these recipes. Families on this program need to buy other fresh, frozen, or canned fruits and vegetables to get the four servings a day they need for good health.

Fruit Ideas

Fresh, canned or dried fruits make good salads, desserts and snacks. Contrast light and dark colors; soft, crisp and firm textures; and mild and tart flavors.

Tips for Fixing Fruit

Choose ripe fruits. Fruits should be chilled in the refrigerator before serving. After fresh fruits such as apples, pears, and peaches are cut into pieces, they start to turn brown. To keep this from happening, mix the fruit pieces with a little lemon, orange or grapefruit juice. Fruits cut into pieces should be covered and refrigerated until serving time.

Tasty Fruit Bowls

Serve for breakfast, as an appetizer before a meal, for dessert or as a snack.

1. CHOOSE two or more of these fruits:

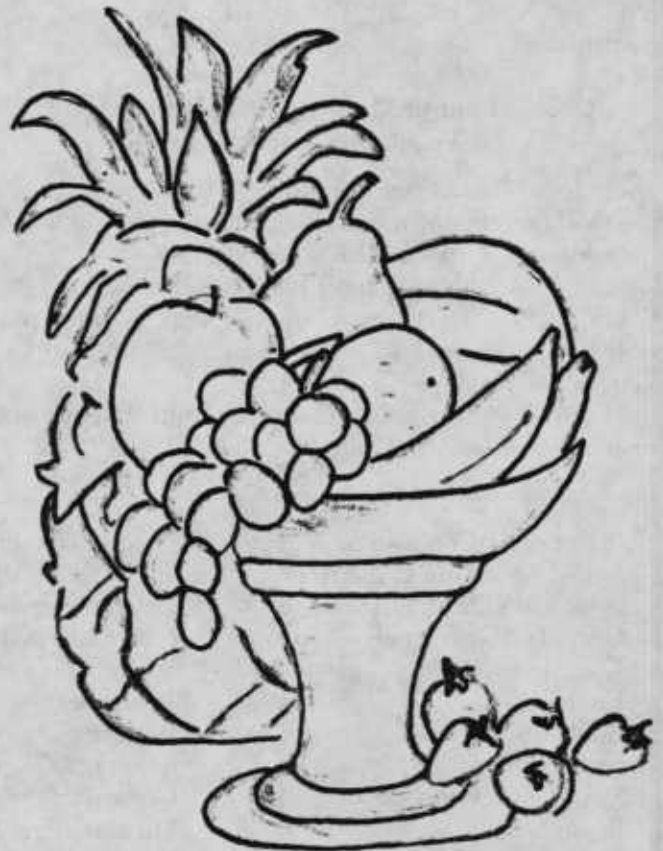
- | | |
|--------------------------------|------------------------|
| Honeydew Melon (cubes) | Cherries (pitted) |
| Peaches (sliced) | Seedless Grape (whole) |
| Apricots (halved) | Banana (sliced) |
| Oranges (sections) | Pineapple (chunks) |
| Dried Fruits (raisins, prunes) | Grapefruit (sections) |
| Apple (cubes) | Canned Fruits |
| Strawberries (whole) | Canned Fruit Cocktail |
| Pears (sliced) | Watermelon (cubes) |
| Berries (whole) | Cantaloup (cubes) |

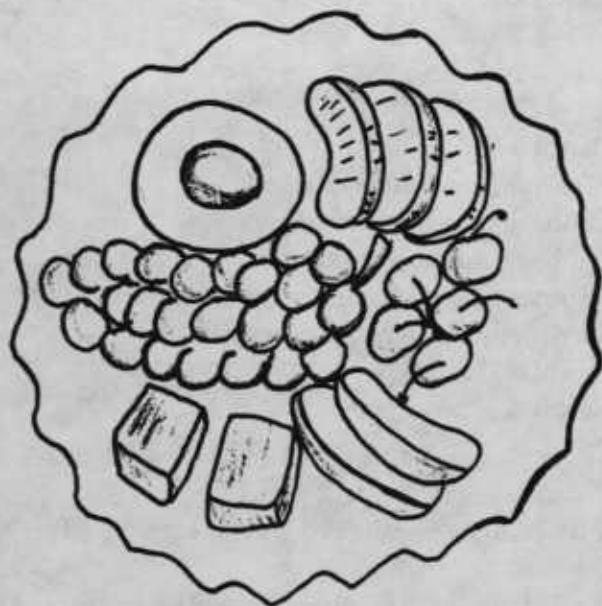
Some tasty combinations are:

- Orange, pear, grapefruit
- Orange, pineapple, apple
- Pineapple, banana, strawberry
- Cantaloup, seedless grapes, watermelon
- Apricots, grapefruit, blueberries

NOTE: Raisins, chopped dried prunes, fruit cocktail or any canned fruits make a good addition to a fruit bowl.

2. CUT larger fruits into bite-sized pieces.
 3. Gently MIX the fruit with some juice or ginger ale.
 4. CHILL and serve.
-





Tasty Fruit Dressing

1 cup mayonnaise or mayonnaise-type dressing
 2 Tbsp. orange juice
 2 Tbsp. pineapple juice or lemon juice
 2 Tbsp. honey

1. MIX juices with honey.
2. ADD mayonnaise and mix until smooth.
3. CHILL.
4. ADD to fruit just before serving.

Pastel Fruit Dressing

1 cup mayonnaise-type salad dressing
 1/4 cup fruit jelly

1. MIX mayonnaise and jelly together until smooth.
2. CHILL.
3. THIN with *milk* before serving if you like.
4. MIX with fruit just before serving.

Chilled Fruit Salads

A refreshing light lunch—great with dinner too! Combine bite-sized fruit pieces with a topping for a mixed fruit salad, or fix a pretty fruit salad plate with larger pieces of fruit placed around a dip or dressing.

1. CHILL the topping you plan to use. Good toppings are fruit dressing (recipes follow this section), mayonnaise, ice cream, sherbet, and cottage cheese.
2. WASH and CUT larger fruits into slices, chunks, sections and balls. WASH and use small fruits whole.
3. If the fruit is to be the main dish, serve a protein food with it. Some good protein foods are:
 - cottage cheese
 - sliced cheese
 - deviled eggs
 - cold, sliced cooked meat
 - tuna fish
 - luncheon meats
4. For a MIXED FRUIT SALAD, mix all fruits and fruit pieces together in a bowl. Put the topping on and mix gently just before serving.
5. For a FRUIT PLATE, arrange the fruit pieces on a tray or plate. Large chunks of fruit or small whole fruits work best for fruit plates. Arrange the fruit around a fruit dressing or fruit dip, if you like. A recipe for FRUIT DIP is on the *Super Snacks That Count* sheet. If the fruit plate is to be the main dish, don't forget to add a protein food.
6. Some good combinations to use for mixed fruit salads or fruit plates are:
 - Seedless grapes, bananas, strawberries and pineapple
 - Blueberries, cantaloup or watermelon, and bananas
 - Strawberries, oranges and apples
 - Raspberries, pears, and cantaloup or honeydew melon

More Ideas Using Fruits

- Serve fresh, canned or dried fruits whole, crushed or sliced on puddings, cereals (hot and cold), ice cream, cakes, pancakes, waffles, and other desserts.
- Fresh fruits make nutritious, tasty snacks. Have some washed and ready-to-eat in the refrigerator.
- Serve fresh fruits with cottage cheese or yogurt for a cool, tempting salad. Canned fruits also work well.
- Fruits combine well with vegetables in tossed or jello salads.
- Use fruit juice as part of the water when making jello. Put some crushed or whole fruit in partially set jello. Fruited jello can be used as a salad or dessert.

Raw Vegetables, Crisp and Good!



Vegetable relish trays are great for parties, meals, or snacks. Serve the vegetables plain or arrange them around a bowl of your favorite dip. Keep crisp carrot, celery, turnip, green pepper, and cucumber sticks in plastic bags in the refrigerator. Cauliflower rosettes, cabbage wedges, radishes, tomato wedges, and onions are also good raw. Try these dips or sauces with raw vegetables:

Tangy Cheese Sauce

1 cup diced cheese
1/4 cup milk
1/2 tsp. Worcestershire sauce

1. PUT milk and cheese in saucepan.
2. HEAT over low heat until cheese melts.
3. ADD Worcestershire sauce. BLEND well.
4. SERVE with raw vegetables.

Thousand Island Dressing

Great as a dip or on a salad!

2/3 cup mayonnaise or mayonnaise-type dressing
1/3 cup chili sauce or catsup
1 chopped hard cooked egg
1 Tbsp. chopped sweet pickle or relish

1. MIX all ingredients.
2. CHILL.
3. SERVE with raw vegetable tray or tossed salad.

Mixed Fruit-Vegetable Salads

- Carrot and orange.
- Apple and cucumber or celery.
- Cabbage with apple or orange.
- Cabbage, apple, and raisin.
- Cabbage, celery, green pepper, and apple.
- Shredded cabbage and pineapple.
- Carrot and raisin.
- Carrot and pineapple.

Molded Gelatin Salads

1. PREPARE a package of gelatin as directed on the package.
2. CHILL in the refrigerator until the gelatin begins to set up.
3. ADD shredded raw vegetables, fruit or a fruit-vegetable combination to the gelatin.
4. CHILL in the refrigerator until firm.

NOTE: Try these salads:

1. Lime or lemon gelatin with shredded cabbage and orange or grapefruit sections.
2. Lemon or orange gelatin with grated carrots and pineapple or raisins.
3. Cherry gelatin with thinly sliced apples and celery.
4. Just about any combination you can dream up! Use any fruits and vegetables you have on hand.

Raw Vegetable Salads

Easy to prepare and good for your family! These salads can be made from many combinations of raw vegetables. Fruits can also be added for variety. A few of the many kinds of salads you can make are given here.

Tossed Salads

For a hearty lunch or dinner salad, toss salad greens with other vegetables such as sliced carrots, tomatoes, green onions, green pepper, chopped hard cooked egg, and chopped cooked meat, poultry, or fish. Cheese slices make a nice addition, too. Top it off with thousand-island dressing.

*Prepared by Nutrition Staff of the
Cooperative Extension Service, Oregon State University*
