

Fruits and Vegetables: What's in Them for You?

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Objectives

Complete this lesson and you will be able to:

- say why it is important to eat five fruits and vegetables a day
- list the three guidelines for healthful eating found in the Food Guide Pyramid
- identify fruits to eat that lower your risk of cancer
- list ways to add fruit to your meals and snacks

Introduction: Eat Fruits and Vegetables for Health

At last! A simple rule to eat by:

Eat five fruits and vegetables every day.

Following this rule can lower your risk of getting certain types of cancer.

Many people think that eating one or two fruits and vegetables a day is enough for good health. Others think that what they eat has no effect on their chance of getting sick. Well, it does! Since 1970, the number of new cases of heart disease has gone down—by over 30 percent. Some of this decline is due to changes people are making in what they eat. Now it's time to work on food choices that can lower our risk of cancer.

That's what these five lessons are about. They show you why eating five servings of fruits and vegetables every day can lower your risk of cancer. They also tell you how to choose, store, and use fruits and vegetables that are most important in reducing your risk of cancer.

The National Cancer Institute (NCI) says that over one million new cases of cancer will be diagnosed this year. Experts think that 40 percent of cancers in men and 60 percent of cancers in women are partly due to what we eat.

Because the influence of diet is so large, NCI is urging us all to choose "5 a Day for Better Health." It's part of a national campaign. You might see more about it in your supermarket or grocery store. Look in the produce section for 5 a Day brochures and other information. These lessons support that campaign. Their basic message is simple—Eat Five.

What's magic about five servings?

How did experts at NCI come up with the number 5? They reviewed 156 studies that looked at the link between eating certain foods and getting cancer. The experts found that eating fruits and vegetables protected against cancer in 82 percent of these studies. People who ate a lot of fruits and vegetables had one-half the risk of cancer of people who ate few fruits and vegetables. Five servings of fruits and vegetables a day was the definition of "a lot." Fruits and vegetables were found to have a protective effect for all these cancers:

- lung
- breast
- mouth and throat
- stomach
- colon and rectal
- cervical and ovarian

Fruits and vegetables protect us because of natural substances they contain. Some of these substances are nutrients like vitamin C, vitamin A, and fiber. Others are natural chemicals that are not called nutrients yet. They all appear to contribute to the protective effect of fruits and vegetables. Eating a variety of fruits and vegetables is important. This makes it more likely you get all of the natural substances that are protective.

As you choose foods, concentrate on the following types of fruits and vegetables:

- citrus fruits
- dark yellow vegetables like carrots and squash
- dark green, leafy vegetables like spinach and mustard greens
- cruciferous vegetables like cabbage and broccoli

Plain fruits and vegetables are also low in fat—another important part of lowering your risk for cancer.

Lowering fat and eating more of each group of vegetables shown above will be the focus of the following lessons. This lesson will introduce you to the Food Guide Pyramid. It will also tell you what fruits contain that helps prevent cancer.

Recipe Notes

Each lesson includes a set of recipes, and each recipe follows the Dietary Guidelines. For important information on the Dietary Guidelines, read the pamphlet “Eating Right with the Dietary Guidelines.” It’s included in this lesson. Using the recipes will help you follow these three Dietary Guidelines:

- Choose a diet with plenty of vegetables, fruits, and grain products.
- Choose a diet low in fat, saturated fat, and cholesterol.
- Eat a variety of foods.

Try these recipes on the weekends, when you have more time. Each recipe contains:

- menu suggestions
- tips to reduce fat
- time-saving tips
- microwave directions (if applicable)

Diet and Cancer: Using the Food Guide Pyramid

The Food Guide Pyramid is a “picture” of the Dietary Guidelines. Use the picture as a guide for choosing the foods you eat. Using the pyramid will help you follow these Dietary Guidelines:

1. *Choose a diet with plenty of vegetables, fruits, and grain products.* Grains, vegetables, and fruits are each a food group in the lower part of the pyramid. You will get plenty of vegetables, fruits, and grains if you eat the

recommended number of servings from each of these three groups. The size of the pyramid group or section becomes smaller as you move up the pyramid. This is because you need fewer servings from the groups in the upper part of the pyramid.

Grain products include bread, cereal, rice, and pasta. This group takes up the most space at the bottom of the pyramid because you need the most servings from this group each day. You need *six to eleven servings* from this group.

Right above the grain group are the fruit and the vegetable groups. You need two to four servings from the fruit groups and three to five servings from the vegetable group. Eat two servings of fruits and three of vegetables each day. Eating the minimum meets the Eat Five goal.

■ *Eating five fruits and vegetables a day may reduce your risk of certain cancers by one-half.*

Above the vegetable group is the milk, yogurt, and cheese group. You need two to three servings each day from this group. Next to it is the meat, poultry, fish, dry beans, eggs, and nuts group. You should eat two to three servings from this group each day.

The exact number of servings for you depends on your age, sex, and the number of calories you eat. Most adults should eat the minimum number of servings from each group each day. If you eat the minimum number of servings you get about 1600 calories. Children need the same number of minimum servings. Just make sure the size of the serving is adjusted for their smaller appetites.

Eating more from the three food groups at the bottom can help reduce your risk of cancer. These groups contain all those protective substances you need.

The tip of the pyramid is a group of foods to eat once in a while. The tip, along with the background dots, helps us with the next Dietary Guideline:

2. *Choose a diet low in fat, saturated fat, and cholesterol.* The tip of the pyramid is the group composed of fats, oils, and sweets. It’s the smallest group in the pyramid. The small size tells us to eat much less from this group. The foods in this group include salad dressings and oil, butter, margarine, sugar, soft drinks, candies, and sweet desserts. It’s OK to eat these foods sometimes. When you do, eat smaller amounts. A little of this group goes a long way.

This is not the only group of foods that contain fat. The dots in the pyramid are another indicator. The dots that are circles indicate, first, natural fat in foods. The number of circles drops as you move from the top to the bottom of the pyramid. This means the foods with more natural fat are near the top and those that are naturally lower in fat are near the bottom. The circles also indicate “added” fat. This could be the butter or sour cream you put on a baked potato. In general, eating lower on the pyramid means eating less fat. Just be careful about adding foods from the tip of the pyramid to vegetables, fruits, or grains.

The Food Guide Pyramid

Fats, Oils, & Sweets
USE SPARINGLY

Milk, Yogurt, & Cheese Group
2-3 SERVINGS

Vegetable Group
3-5 SERVINGS

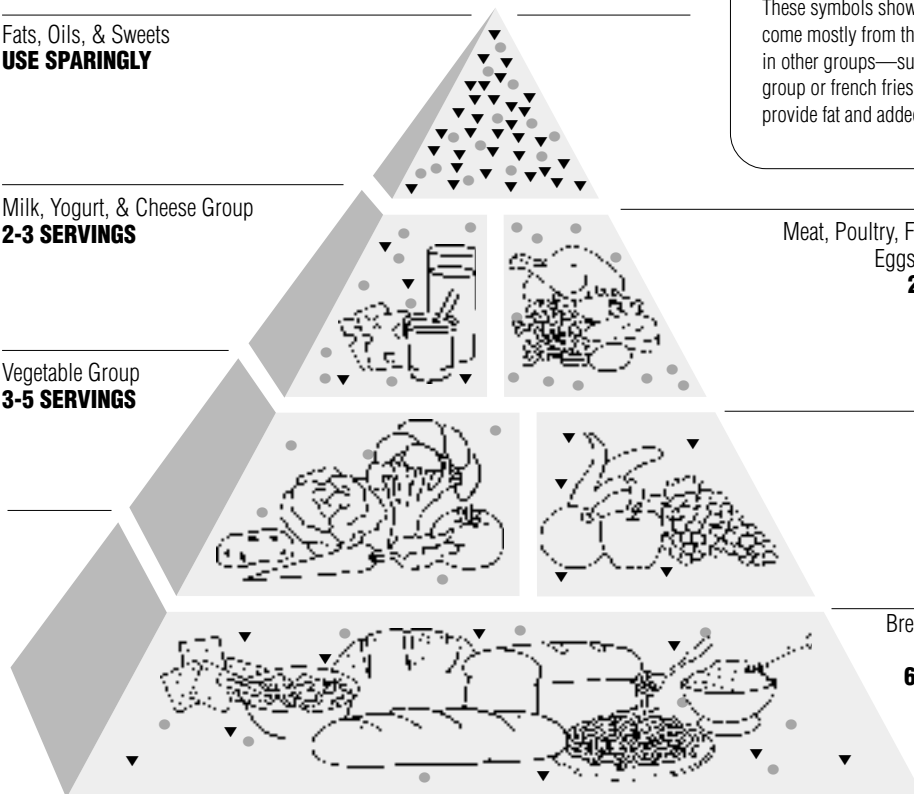
Fruit Group
2-4 SERVINGS

Bread, Cereal, Rice,
& Pasta Group
6-11 SERVINGS

Key

- Fat (naturally occurring and added)
- ▼ Sugars (added)

These symbols show fat and added sugars in foods. They come mostly from the fats, oils, and sweets group. But foods in other groups—such as cheese or ice cream from the milk group or french fries from the vegetable group—can also provide fat and added sugars.



Although the meat and dairy groups do include foods that are higher in fat, low-fat choices are available. Eat a lower-fat choice from these groups more often. Choose a meat with less fat on it (see the Fact Sheet in Lesson 3 for a list of low-fat meats). Drink 1% or skim milk rather than whole. Eat bologna less often than sliced turkey breast. Use low-fat yogurt more often than sour cream. Your taste will adjust to foods with less fat. With practice, high-fat foods will taste too rich.

The pyramid also tells us about a third Dietary Guideline:

3. *Eat a variety of foods.* The pyramid includes five major food groups. This means the foods in each group are important for feeling good. Eating foods from each group insures getting all the nutrients and protective factors you need. Choose foods from all the groups in the pyramid each day. As you do, remember to eat five servings of fruits and vegetables a day.

What is a serving?

Five servings sounds like a lot. And getting five sounds tough. Actually, it's not. All of the following are one serving:

Fruits

- 1 piece fresh fruit
- 1/2 cup of chopped or canned fruit
- 3/4 cup fruit juice
- 1/4 cup dried fruit

Vegetables

- 1 cup raw, leafy vegetables (e.g., lettuce, raw spinach)
- 3/4 cup vegetable juice
- 1/2 cup other vegetables

Use a measuring cup to check out these serving sizes. You'll see that it's easy to get the number of recommended servings.

The Fruit Group

Eating any fruit is a good habit to have. But some fruits are more important than others in preventing cancer. These are the fruits that are high in vitamin C, vitamin A, and fiber. Fruits that are good sources of these nutrients are listed in the following table. Notice those in italic type. That means they are good sources of two of these nutrients.



Good-tasting fruit is available all year round. Fresh fruit

is cheaper during the season of harvest. Also listed in the table is the time of year each of these fresh fruits is cheapest. Remember, canned fruit and fruit juices are an economical choice out of season.

Fruit	Vitamin C	Vitamin A	Fiber	In season
Cantaloupe	x	x		summer
Apricots		x		late summer
Apples			x	fall
Bananas			x	year round
Oranges	x		x	winter
Grapefruit	x		x	winter
Watermelon	x	x		summer
Strawberries	x		x	spring, summer
Peaches		x		summer
Pears			x	fall
Grapes			x	fall
Kiwi fruit	x			year round
Honeydew	x			summer
Prunes		x	x	year round
Figs			x	year round
Nectarines		x		late spring
Tangerines	x			winter
Pineapple	x			year round

Vitamin C, vitamin A, and fiber are important nutrients in fruits that play a role in preventing cancer. But other factors in fruits and vegetables may play as important a role. These are called phytochemicals.

Phytochemicals: Natural protection

Plants contain many natural chemicals that are beneficial for us. *Phytochemicals* is the scientific name for plant chemicals. Some of these chemicals block the steps that lead to cancer in animals. The National Cancer Institute is conducting a five-year study to look at the cancer-preventing properties of a selected group of phytochemicals.

Oxidation is a chemical reaction that causes damage in our body. Oxidative damage appears to play a role in promoting cancer. Some phytochemicals are natural antioxidants. This means they stop oxidative damage. Some antioxidants also destroy chemicals that help cancer cells grow.

Flavonoids are a family of natural chemicals that are natural antioxidants. They are found in citrus fruits, grapes,

and berries. So eating these types of fruits provides us with natural chemicals that are important in our defense against cancer.

Fruits and vegetables contain many other natural chemicals besides flavonoids. Flavonoids are only a small part of the phytochemicals. We probably need many of these other phytochemicals to reduce our risk of cancer. That's why eating a variety of fruits and vegetables is important.

How much fruit do you eat each day?

Start with fruit to work up to 5 a Day. You need two servings a day. Use the worksheet in this lesson to see how many fruits you eat each day now. Post the Fruit Check-up sheet at a convenient spot in your kitchen and keep track of what you eat. This will start you thinking about eating more fruit if you don't eat two servings a day. Save the Fruit Check-up for use in Lesson 5.

The Fact Sheet suggests quick and easy ways to include fruit in your meals and snacks. The Tip Sheet shows you how to select and store fruits rich in vitamins A and C.

Eat Five and thanks for completing this lesson!

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Dear Participant,

Welcome to Eat Five!

You've probably been told at least once to "eat your fruits and vegetables! They're good for you." Were you skeptical? Well, scientific studies indicate that eating a variety of fruits and vegetables may lower your risk of developing certain types of cancer.

Cancer is the second leading cause of death in the United States. Scientists estimate that 30 to 40 percent of these deaths may be related to foods eaten over a lifetime. The goal of Eat Five is to help you reduce your risk of certain cancers by increasing the number of servings of fruits and vegetables you eat to five a day.

Each lesson contains:

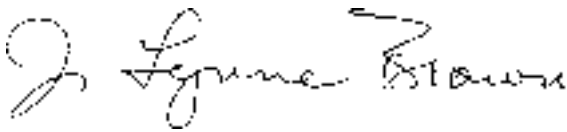
- A background section in which fruits and vegetables are introduced and food choice tips are given. The link between diet and cancer is also explained.
- An Information Sheet that provides answers to some common questions.
- A Worksheet to evaluate your lifestyle and eating habits.
- A Tip Sheet on buying, storing, and preparing fruits and vegetables.
- One or more Fact Sheets containing information important to the lesson.
- Children and Teenagers in the Kitchen, which lists ideas for involving children in family food preparation.
- Recipes for dishes that include fruits and vegetables.

It takes no more than an hour to read each lesson and to complete the worksheet. You'll want to try the recipes on the weekend before the next lesson.

Please plan to complete all the lessons. While each tells you something about diet and cancer, reading all five will give you the total picture.

Thanks for enrolling in Eat Five! We hope you'll find these lessons helpful and informative.

Sincerely,



J. Lynne Brown
Associate Professor of Food Science
Penn State University

Warning: Individuals taking anticoagulant medication may not be able to eat some of the vegetables featured in these lessons. If you are taking anticoagulant medication, do not eat dark green, leafy or cruciferous (cabbage family) vegetables without consulting your doctor. Ask your doctor's advice before applying any of the information in these lessons. Healthy persons can eat the vegetables featured in these lessons with no ill effects.

Information Sheet

SOME COMMON QUESTIONS AND THEIR ANSWERS

- fresh fruit versus canned and frozen fruit
- pesticides used on fruits and vegetables
- mold and fruit
- supplements versus fruit
- cost of fruit

1. Are other forms of fruit as nutritious as fresh fruit?

Yes, except for how much vitamin C they provide. Locally grown fresh fruit in season is usually a better source of vitamin C than canned or frozen. However, if fresh fruit is shipped long distances to your grocery store, it can lose vitamin C. The process of canning destroys more vitamin C than freezing. So the amount of vitamin C drops as you move from fresh to frozen to canned. But canned, frozen, and dried fruits are nearly as good a source of vitamin A and fiber as fresh.

Canned fruit is a good alternative when you feel fresh is too expensive or of poor quality. Buy canned fruit packed in water or its own juice for fewer calories. Citrus fruit is always best fresh in season.

Two other alternatives are fruit juice and dried fruit. One hundred percent fruit juices provide vitamins, but they are low in fiber. Dried fruit has a lot of fiber and minerals. But dried fruit is high in calories because the water has been removed, leaving the sugar, minerals, and fiber. Dried fruit can promote tooth decay because it can stick to your teeth. Still, it's handy to have for snacks.

2. Are the pesticides used on fruits and vegetables dangerous to my health?

Most produce in grocery stores has been treated with pesticides at some point. Residues of the pesticides remain on these foods.

The Environmental Protection Agency (EPA) attempts to eliminate dangerous pesticides. The Food and Drug Administration (FDA) regularly tests the levels of pesticides in the foods you eat. The FDA has been testing pesticide levels since the 1960s, and the levels are generally low in all types of foods. They are especially low in legumes (peas and beans) and vegetables. Pesticides are found more frequently in oils and in the fatty portions of meat, fish, chicken, and turkey than in other foods.

The small amounts of pesticides that may enter your body from food sources don't appear now to contribute to

your overall risk for cancer. Some of these pesticides can build up in your fat tissue. The long-term effects of this buildup are unknown.

Many scientists believe pesticide residues found on fruits and vegetables pose no danger to your long-term health. But if you wish to minimize your exposure to pesticides:

- Sort vegetables and fruits before storing them. Discard any that are bruised, cut, or very soft. Cuts allow any pesticide residues to enter the food.
- Store perishable vegetables in your refrigerator crisper. Use them quickly. Your crisper performs better if it is two-thirds full. If it is less full, place the vegetables in a container and then store in the crisper.
- Store fruits in a cool spot and separate them from vegetables. Most fruit does not need to be refrigerated if you use it within four to five days of purchase.
- Discard any food if it becomes moldy or decayed during storage.
- Wash vegetables and fruit thoroughly. Drain them well before peeling or trimming. This is an important step. The wash water will help remove pesticide residue. Discard this water.

3. Can I cut away any mold on the fruit and eat the rest?

It is not a good idea to eat fresh fruit with a lot of mold on it. This is because the mold may have spread through the rest of the fruit even though you cannot see it. It is safe to trim small spots of mold from fruit and eat the rest of the unspoiled fruit. However, do not use fruit with any mold on it if you are canning. The canning process may not get rid of all the mold.

4. Can supplements with vitamin A and vitamin C protect me from cancer?

The best way to get cancer protection is to eat food, not supplements. This is because there are other factors besides vitamins and fiber in food that are protective. Scientists are still investigating these factors to better explain how they help us.

5. Isn't fresh fruit much more expensive than canned fruit?

Not if you buy it in season—see the table of fruit and season in the background section of this lesson. However, canned fruit is already trimmed, so there is no waste. Fresh

fruit is not. You may waste more in trimming fresh fruit than in using canned fruit.

Eat fresh fruit if it is affordable and you will use it in a few days. Once fruit is ripe, store it in the refrigerator if you won't eat it quickly.

Balance the cost of fresh fruit against the possible loss due to spoilage and trimming. Canned fruit may be a better buy if fruit is not eaten fast in your house. During the off-season, canned fruit may be less expensive and a better choice.

Worksheet

FRUIT CHECK-UP

This check sheet can help you work towards eating “5 a Day.” It will start you off by helping you keep track of the amount of fruit you eat daily. Remember, the Food Guide Pyramid suggests two to four servings a day of fruit. Post this sheet on your refrigerator to help you keep track of the amount of fruit you eat each day in a week.

Write in the name of the fruit and the amount you ate on each day. Then total the number at the bottom of each column. Don’t be discouraged if you are not yet eating two to four fruits a day. It is a goal you can work towards. Count any fruit you eat in desserts or other mixed dishes. Try to estimate the amount you ate in each dish if you are not sure. The fact sheet that follows suggests easy ways to add fruit to the food you eat each day.

Fruit eaten (serving size)	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1 medium piece							
1/2 cup chopped, canned							
3/4 cup juice							
1/4 cup dried							
Good source of vitamins A or C? Check off. ✓							
Daily total							

Keep up the good work!



Fact Sheet

QUICK AND EASY WAYS TO EAT MORE FRUIT

Breakfast

- For cereal or yogurt toppers, add bananas, raisins, and apples. In season, try peaches, strawberries, blueberries.
- Top waffles or pancakes with fruit and yogurt instead of syrup.
- Have a glass of juice.
- Have a bowl of fruit.
- Blend bananas with strawberries or blueberries, and skim milk or low-fat yogurt in the blender.

Lunch

- Try a salad with grapes, leaf lettuce, and low-fat cheese.
- Take a kiwi fruit for lunch, slice in half, and scoop out to eat, seeds and all.
- Pack a ready-to-go fruit in every lunch. Try apples, oranges, or bananas.
- Scoop low-fat cottage cheese into a cantaloupe half and top with a few nuts.

Dinner

- Serve heated applesauce with cinnamon and raisins as a side dish with meats.
- Make fruit and pasta salad: Refrigerate leftover plain pasta. When cold, mix with low-fat vanilla yogurt, cut apples, raisins, and nuts.
- Add fruit to rice. Try apples, peaches, pears, or apricots.
- Make grape and spinach salad: Mix raw spinach leaves with grapes, pears, and celery. Cover with a dressing of plain low-fat yogurt mixed with strawberry or raspberry jam.

Snacks and Desserts

- Make frozen bananas by peeling, wrapping in plastic wrap, and freezing them the day before you want to eat them.
- Make fruit kabobs on a stick with pineapple, kiwi, strawberries, melon pieces—use your creativity.
- Mix dried figs, apricots, prunes, and some nuts for your own energy snack.
- Add chopped fresh fruit to muffins, cakes, or frozen yogurt.
- Core an apple or pear and sprinkle with cinnamon and raisins. Cover and microwave for three minutes.



Fruit Tips

HANDLING FRUIT THAT'S RICH IN VITAMINS A AND C

Selecting and Storing

A quick way to ripen most fruits is to put them in a closed brown bag for several days. This traps the gas that speeds up the ripening process.

Cantaloupe—Choose fruit that smells sweet. Make sure the seeds rattle a little when you shake the cantaloupe. Keep at room temperature to ripen. When a cantaloupe is ripe, the stem end should be a little soft when you press on it. Once ripe, store in the refrigerator and use within one to two days.

Strawberries—Look for plump, red berries with green tops. Avoid those with any mold or rot. Refrigerate berries when you get home, and they will last for two to three days.

Oranges, tangerines, and grapefruits—Look for fruits that are heavy for their size. Hold an orange (or tangerine or grapefruit) in each hand to judge the heavier one. Store at room temperature for one week. Fruit will last in the refrigerator or a cool cellar for four to five weeks.

Pineapples—Choose pineapples that feel heavy for their size and that have deep green, fresh leaves. Make sure you can smell the aroma. Keep at room temperature until cut and then refrigerate.

Watermelon—It is probably better to buy an already-cut watermelon. The best way to tell if it is ripe is by looking at the inside. A deep red color and seeds that are firmly attached are good signs of ripeness. Avoid melons that look mushy.



Peaches and nectarines—Look for fruits that are yellow with some pink. Avoid any bruised or soft fruit. Ripen at room temperature, then refrigerate for up to two weeks.

Apricots—Look for fruits that are quite yellow with no traces of green. Choose fruit that is soft, not hard. Apricots do not ripen once picked. The ripe ones taste better. Store at room temperature and eat quickly.

Kiwi—Look for hard fruits without soft spots. Ripen at room temperature. Once soft, refrigerate. Fruit will keep for several weeks in the refrigerator. Peel the skin off, then you can eat the green insides, even the black seeds.

Freezing

Have you ever wished you could eat those scrumptious summer fruits all year round? Well, most fruits freeze well for six to twelve months (citrus fruits—six months only). The techniques below will help you get the most out of freezing fruit year round.

- Wash all fruit before freezing it.
- Use your judgment before cutting or peeling fruit before freezing. Cut or peeled fruit loses nutrients when frozen.
- Some fruit may discolor when you freeze it. To prevent this, buy some citric acid at your grocery. Add some to the fruit before freezing.
- Two ways to freeze fruit:

1. Freeze berries or grapes on a cookie sheet so that the pieces freeze separately. When frozen, put the fruit pieces in airtight containers.
2. Juicy fruits like peaches and nectarines do not need to be peeled. Put them in an airtight container and cover the fruit with apple juice or another fruit juice. Seal and freeze. Other fruits such as apples or pears can be peeled, but they may darken when frozen. You can prevent this by adding citric acid or ascorbic acid, like Fruit Fresh®, to the fruit before freezing, then adding fruit juice.

Most fruits can be frozen without any liquid. When the fruit thaws, it will be soft. This method is best if you plan to cook the fruit.

Children and Teenagers in the Kitchen

STARTING EARLY ON 5 A DAY

“Eating fruits and vegetables is gross!”

Sound familiar? Well, the more children help prepare fruits and vegetables, the more likely they are to eat these foods. Experiences with food in early childhood affect eating habits throughout life. Introducing your children to various fruits and vegetables now will get them off to a good start eating 5 a Day. Children are more likely to feel better and do well in school if they eat a healthful diet.

Children can help prepare fruit and vegetables by washing them. If they are old enough, have them peel or slice the fruit or vegetables. Remember to remove any pits or seeds that may cause a child to choke. Here are some other suggestions to get children to eat fruits and vegetables:

- Serve fruits and vegetables raw instead of cooked. In general, children prefer raw fruits and vegetables. Once children are used to raw, then introduce them to the cooked version.
- Combine new fruits and vegetables with some of their favorite foods.
- Kids like bright colors and interesting shapes. Let them make faces on fruit using toothpicks, raisins, and nuts.
- Eat more fruits and vegetables yourself. If you accept them, your child is more likely to do so.
- Praise children for eating well.



Children can help with each of the recipes in this lesson in the following ways.

Very young children can:

- Peel the bananas for the Bananas en Papillote.
- Wash the strawberries and pull off the green tops for the strawberry sauce.

Young children can:

- Learn measuring skills by measuring out ingredients for the recipes.
- Help make the Bananas en Papillote.

Older children can:

- Cut and pit the peaches for the No-bake Peach Pie.
- Cut and remove the seeds from the cantaloupe for the Cantaloupe Bowls.

Teenagers can:

- Make the cantaloupe bowls.
- Invite friends over for a fruit dessert they helped to prepare.
- Identify which fruits are good sources of vitamins A and C (see list below).
- Eat one fruit a day that is a good vitamin C source.
- Eat one fruit that is a good source of vitamin A every other day.

The following fruits are good sources of:

Vitamin C	Vitamin A
Cantaloupe	Cantaloupe
Kiwi fruit	Prunes
Oranges	Apricots
Grapefruit	Nectarines
Honeydew	Peaches
Watermelon	Watermelon
Strawberries	
Pineapples	
Tangerines	

See background section for more information.

BANANAS EN PAPILOTE (BAKED BANANAS)

Makes 4 servings.
 One serving (using peaches) contains 116 calories, 0 fat, 0 cholesterol, 1 mg sodium, 2 g dietary fiber, 89 IU vitamin A, 10 mg vitamin C, and 1 IU vitamin E.

- 1/2 cup water
- 2 Tbsp sugar
- 1/2 cup mashed fruit, fresh or canned, drained (apricots, berries, peaches, etc.)
- 1/2 tsp vanilla
- 4 small bananas, peeled
- Fresh mint leaves for garnish

Preheat oven to 425°F. Heat water in a saucepan; add sugar and stir to dissolve. Remove from heat; add the mashed fruit and the vanilla. Mix well. Fold four sheets of foil (12 by 8 inches) in half lengthwise. At the end of the fold, turn up and pinch the corners to make a

OVER

STRAWBERRY SAUCE

Makes 4 servings.
 One serving contains 85 calories, 0 fat, 0 cholesterol, 1 mg sodium, 1 g dietary fiber, 10 IU vitamin A, 43 mg vitamin C, and 0 vitamin E.

- 1 pint fresh strawberries
- 1 tsp lemon or lime juice
- 1/3 cup sugar
- 1/4 tsp vanilla

Put all ingredients in a blender or food processor. Blend until mixture is pureed. Chill until cold. This is a refreshing sauce you can use over many foods. Try it on top of:

- Waffles
- Pancakes
- Pudding
- Ice milk or frozen yogurt
- Fruit salad
- Yogurt

OVER

NO-BAKE PEACH PIE

Makes 8 slices.
 One slice contains: 216 calories, 10 g fat, 7 mg cholesterol, 118 mg sodium, 1 g dietary fiber, 184 IU vitamin A, 20 mg vitamin C, and 2 IU vitamin E.

- 1 graham cracker pie crust (or any other pie crust)*
- 6 oz peach nectar
- 1 envelope unflavored gelatin
- 1/3 cup frozen orange juice concentrate
- 1/2 tsp vanilla
- 1 cup plain or vanilla low-fat yogurt*
- 1 lb peaches

Heat gelatin and peach nectar in saucepan until gelatin dissolves. Add the frozen orange juice concentrate and the vanilla to the gelatin, and chill in the refrigerator until it is stiff. Once stiff,

*Source of fat

OVER

CANTALOUPE BOWLS

Makes 4 servings.
 One serving contains 237 calories, 2 g fat, 4 mg cholesterol, 79 mg sodium, 2 g dietary fiber, 3221 IU vitamin A, 104 mg vitamin C, and 1 IU vitamin E.

- 1 Tbsp cornstarch
- 1/2 cup unsweetened pineapple juice
- 1 Tbsp peach or apple jam
- 1/4 tsp cinnamon
- 1/2 cup unsweetened pineapple chunks
- 1 cantaloupe, medium
- 2 cups low-fat vanilla frozen yogurt*

Mix the cornstarch, juice, and jam in a saucepan and bring to a boil over medium heat. Stir constantly and cook until thickened (about 1 minute). Remove from heat, add pineapple

*Source of fat

OVER

Cut out recipes (use lines as a guide) 

Sample Menu

Pancakes, Strawberry Sauce, Orange Slices, Beverage

“boat” to hold the bananas and the sauce. Put a whole banana in each boat. Pour about 3 tablespoons of fruit sauce over the banana. Close the foil by folding over the edges and pinching them together tightly. Place on a baking sheet. Bake for 15-20 minutes. Serve on heated plates after having opened the foil and decorated the bananas with mint leaves.

Serve with plain yogurt and more fruit sauce, if needed.

Sample Menu

Hamburger on Bun, Potato Salad, Cinnamon Carrot Sticks, Bananas en Papillote, Beverage

Reprinted from *The New American Diet* by S. L. Conner and W. E. Conner, Simon and Schuster, New York, NY, 1986.

chunks and cinnamon. Stir well and cool. Cut cantaloupe into quarters and remove the rind and seeds. Place one wedge in each serving bowl. Top each with 1/2 cup frozen yogurt and 1/4 cup of the pineapple sauce. Serve immediately.

Sample Menu

Vegetable Cheese Pie, Carrot Salad, Rolls, Butter or Margarine, Cantaloupe Bowls, Beverage

Adapted from *Cooking Light*, Sept/Oct 1991:5 (5),126.

beat with a mixer until fluffy. Fold in the yogurt and beat again with mixer. Wash, peel, and pit the peaches if using fresh ones. Cut them in slices and arrange half on the pie crust. Pour in one-half of the yogurt mixture. Then add the rest of the peaches (save a few slices for garnishing the top of the pie) and the rest of the yogurt mixture. Chill the pie in the refrigerator until it is set. Garnish with peach slices.

Sample Menu

Lasagna, Garden Salad, Italian Bread with Butter or Margarine, No-bake Peach Pie, Beverage

Low-Fat Cooking Tips

- Make your own low-fat crust or use a store-bought low-fat crust to reduce fat content.
- Use nonfat yogurt instead of low-fat.

Adapted from *Good Food Book* by Jane Brody, Bantam Books, New York, NY, 1985.

Cut out recipes (use lines as a guide)

