

# WELLNESS WAYS



UNIVERSITY OF ILLINOIS  
EXTENSION

College of Agricultural, Consumer and Environmental Sciences

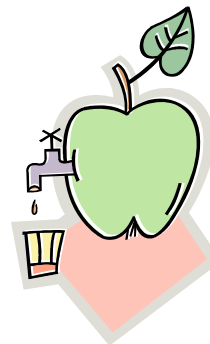


*Ideas For Eating Better For Less . . . .*

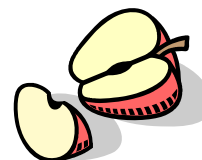
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## Fruit Juices How Much Of A Good Thing?



- Choose 100% fruit juice.
- Fruit juice is low in fiber. Choose whole fruits (fresh, frozen, canned, dried) more often than fruit juice.
- Only 100% fruit juice can be counted as a serving of fruit. Fruit **drinks** and fruit **punches** contain little or no fruit juice so they **do not** count as a serving of fruit.
- Eat at least 2 cups (4 servings) of fruits every day (based on a 2,000 calorie diet).  
One serving of fruit is:
  - 1 small fruit
  - 1/2 cup of chopped, cooked, frozen, or canned fruit
  - 1/4 cup dried fruit
  - 1/2 cup fruit juice



### **Fruit Surprise** Serves 12.

1 can pineapple chunks in 100% pineapple juice (20 ounces)\*

1 can mandarin oranges, drained (11 ounces)\*

1 can fruit cocktail, drained (17 ounces)\*

1 small box instant lemon or vanilla pudding, dry

2 bananas, sliced

\*May substitute with other fruit. Increase fiber content by using fresh fruit with peels.

1. Mix fruit together in a bowl.
2. Mix juice from canned pineapple with the instant pudding mix.
3. Mix together pudding sauce and fruit in the bowl.
4. Refrigerate leftovers.

NUTRITION FACTS (per serving) - Calories 120 ~ fat 0 g ~ calories from fat 0 ~ sodium 120 mg  
~ total carbohydrate 30 g ~ fiber 1 g

## Easy Fruit Smoothie Serves 4.

5 to 6 ice cubes

2 cups 100% fruit juice

1 teaspoon vanilla

2/3 cup nonfat dry milk powder



1. Crush the ice in a blender. You can also wrap the ice in a clean cloth and crush it with a hammer or rolling pin.
2. Add the ice, juice, vanilla, and milk powder to the blender or other container with a tight lid.
3. Blend or shake well.
4. Pour into glasses and serve immediately.

NUTRITION FACTS (per serving) - Calories 110 ~ fat 0 g ~ calories from fat 0 ~ sodium 80 mg ~ total carbohydrate 24 g ~ fiber 0 g

## 100% Fruit Juice for Children

- Infants younger than 6 months old should not be given juice.
- Do not give infants juice in a bottle.
- Older infants and toddlers should not drink juice from a sippie cup or bottle.
- Children 1 to 6 years of age should have only 4 to 6 ounces of juice per day.
- Children 7 to 18 years of age should not drink more than 8 to 12 ounces of juice per day.



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**EXTENSION**  
FOOD STAMP NUTRITION EDUCATION  
EXPANDED FOOD AND NUTRITION  
EDUCATION PROGRAM

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