



UNIVERSITY OF ILLINOIS
EXTENSION
NUTRITION EDUCATION PROGRAMS

FRUITS



Dear Parent,

Today your child learned about fruit. Fruits are an important part of a healthful meal and snack. Be a good role model by eating fruit and serving your child fruit every day. If you have questions contact, your local Extension office:



- All fruits are good for you – fresh, canned or frozen.
- Choose whole fruit often. Most fruit juices contain no or little fiber and are high in sugar.
- Serve only one new fruit at a time. Offer that fruit different ways and several times to get your child to try it.
- Let your child choose fruits when shopping with you.

You and your child can have fun making this tasty fruit salad together:

Magical Fruit Salad Serves 8.

1 can pineapple chunks (20 ounces)	1 3/4 cups milk
1 can fruit cocktail (15 ounces)	1 small box instant lemon or vanilla pudding, dry
2 bananas, sliced	

1. Drain cans of pineapple and fruit cocktail. Place fruit in a medium-sized bowl.
2. Add sliced bananas to pineapple and fruit cocktail. Stir gently.
3. Pour the milk over the fruit.
4. Slowly stir the fruit mixture while sprinkling on the pudding mix.
5. Let the fruit mixture stand for 5 minutes. Serve. Refrigerate leftovers.

NUTRITION FACTS (per serving) - Calories 170 ~ fat 1 g ~ calories from fat 12 ~ sodium 209 mg
~ total carbohydrate 39 g

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