

Food \$ense



Wisconsin Nutrition Education Program

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Inside the Pyramid: Focus on Fruits

Eating fruit provides health benefits — people who eat more fruits and vegetables as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. Fruits provide nutrients vital for health and maintenance of your body.

Vary your fruit choices:

- Different fruits are rich in different nutrients.
- Add fruits of different colors to your meals each day.
- Eat a variety of fruits fresh, frozen, canned, or dried rather than fruit juice for most of your choices.

Most adults need at least 2 cups (4 servings) of fruit every day. Children 2-3 need 1 cup, and children 4-8 years 1½ cups. A serving of fruit is:

- 1 small fruit
- ½ cup of chopped, cooked, frozen, or canned fruit
- ¼ cup dried fruit
- ½ cup fruit juice

Most fruits are good sources of fiber. For example, one small pear with skin has 4 grams of fiber. A healthy adult should have about 14 grams of fiber for every 1000 calories consumed each day.

Enjoy fruit all day long.

Breakfast

- Add fruit to ready-to-eat cereal or hot cereals.
- Top pancakes and waffles with fruit.

Lunch and dinner

- Top lettuce and spinach salads with fruit.
- Serve fruit for dessert.

Snacks

- Keep fresh fruits and dried fruit handy for snacking.
- Make a quick fruit smoothie with milk and frozen fruit.

Go to www.mypyramid.gov for personalized nutritional recommendations.

Magical Fruit Salad

1 can (20 ounce) pineapple chunks, drained
½ pound seedless red or green grapes
2 bananas
1 ¾ cups lowfat milk
1 package (3 ½ ounce) instant lemon or vanilla pudding mix

1. Put pineapple chunks into bowl.
2. Rinse grapes and drain; add to bowl.
3. Peel bananas and cut into bite-size pieces; add to bowl and stir gently.
4. Pour milk over fruit. Sprinkle pudding mix over top. Stir until well blended.
5. Let mixture stand for 5 minutes and serve.
6. Refrigerate within 2 hours.

Come Clean

When fruits are fresh, you need to wash them thoroughly before preparing or eating them. This includes fruits that you throw away the skin and only eat the insides, such as melons, citrus fruits and avocados. Cutting through unwashed produce can carry dirt or bacteria to the inside flesh.

To keep fresh fruit safe:

- Choose produce carefully. Reject any with decay, molds, insect holes or surface cuts.
- Keep fruits separate from raw meat, poultry and seafood while shopping, preparing or storing.
- Before handling fresh produce, wash your hands with warm water and soap for 20 seconds. Rinse thoroughly.
- Wash fruits under clean, running water. Rub fruits briskly with your hands to remove dirt and surface microorganisms. Dry after washing.
- Use plastic cutting boards; wooden cutting boards can harbor bacteria.
- Store cleaned produce in clean containers or plastic storage bags.

Frozen Fruit Cups

- 3 bananas
3 8-oz containers fat-free strawberry yogurt
1 10 oz pkg frozen strawberries, undrained
1 8 oz can crushed pineapple, undrained
1. Line 18 muffin-tin cups with paper baking cups.
 2. Dice or mash bananas and place in a large mixing bowl.
 3. Stir in pineapple and mix well. Add yogurt and strawberries and blend well.
 4. Spoon into muffin-tin cups and freeze at least 3 hours or until firm. Remove frozen cups and store in a plastic bag in freezer.
 5. Before serving, remove paper cups and let stand 10 minutes.

Preserve Freshness by Freezing Fruits

Freezing fruit can be an easy way to enjoy the bounty of your garden or the farmer's market all year round. Compared with other preservation methods, freezing saves time and nutrients, and keeps fruit fresh-tasting and colorful. Follow these guidelines:

- **Choose containers carefully**—freeze fruit in containers or bags designed for freezer storage
- **Start with high-quality fruits**—harvest or purchase fruits at their peak; if you cannot freeze them within a few hours, store them in the refrigerator to preserve freshness until they can be frozen.
- **Prevent browning**—cut surfaces of fruits like apples, pears, and peaches darken when exposed to air. Use a vitamin C solution (crush three 500 mg tablets of vitamin C per quart of water) to help prevent browning.
- **Packing fruit**—most fruits can be frozen without sugar. Fruits packed in sugar are best for dessert; fruits packed without sugar can be used for baking.

For more information on preserving fruit, check out the following publication:

- **Freezing Fruits and Vegetables** from the Wisconsin Safe Food Preservation Series, available at <http://cecommerce.uwex.edu/pdfs/B3278.PDF> or contact your local UW-Extension Office for a copy.

Tip: Turn these Frozen Fruit Cups into popsicles by pouring the mixture into 7-ounce cups and putting them in the freezer. When partially frozen, put a plastic spoon or popsicle stick in the center of the cup and freeze until firm.



Dear Sue Keeney ...

Meet Sue Keeney--your source of research-based information about nutrition and health! Readers of all ages like Sue's practical tips on eating for good health, stretching the food dollar & more!

Dear Sue Keeney,
We like bananas on our cereal and for packing in lunches, but sometimes they start to turn brown before we can eat them all. Got any ideas for using them up more quickly, or what to do with them once they get very ripe?

Ana B.

Dear Ana,
I've got lots of ideas for you. Bananas are the ultimate quick snack (just peel and eat!) and they can be used in many ways to make meals healthy and sweet:

- Mix with other fresh or canned fruits for a quick salad.
- Combine with yogurt and other fruits in a blender to make smoothies.
- Coat with peanut butter or yogurt and roll in crunchy cereal for a snack.
- Use for baking banana bread, cookies or cake.
- Try some of the recipes in this newsletter.

Here are some helpful tips for buying bananas:

- If you are buying bananas to eat out-of-hand, buy them at the stage that you prefer the taste and texture.
- When purchasing to mix with other fruits to make a salad, buy bananas that are fully ripe (yellow with brown specks).
- Only buy overripe bananas if you plan to use them for baking. Avoid purchasing bananas that have soft spots or damaged skins.

Bananas should be stored at room temperature, and will continue to ripen at home. If they become fully ripe, you can put them in the refrigerator for a few days—the skins will turn

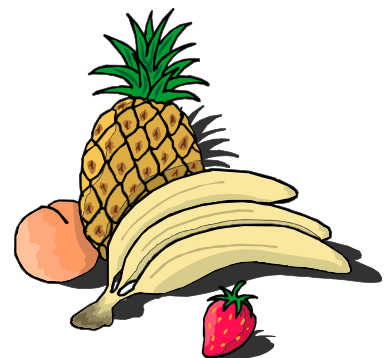
dark, but the inner part will remain sweet and firm.

Peel bananas just before using, or they will turn brown. To keep them from turning brown you can brush the slices with lemon, lime or orange juice, or soak them in a mixture of 1 Tablespoon lemon juice and 2-3 Tablespoons water for 3 minutes.

If you only have one overripe banana, you can pop it in the freezer and save it until you have enough (usually 3-4) for making banana bread. The skin will turn black, but when ready to use, just thaw slightly, peel, and mash with a fork.

Stepping Up to a Health Lifestyle What do you want to do?

- I want to reduce my risk of health problems like heart disease and diabetes.
 - ➔ Get 30 minutes of moderate physical activity each day, beyond your usual activity.
- I want to reduce my disease risk, AND avoid weight gain.
 - ➔ Get 60 minutes of moderate to vigorous activity most days, beyond your usual activity, and stay within calorie recommendations.
- I want to reduce my disease risk, and keep off the weight I've lost.
 - ➔ Get 60-90 minutes of moderate activity each day, and stay within calorie recommendations.



Plugging Spending Leaks

Spending small amounts of money can add up to big bucks over time.

No matter what your situation, it is likely that some amount of money that comes to you is wasted. That waste could go toward helping you meet your goals, pay off debts or save for a future purchase.

Use the chart below to see where money might be “leaking” out of your purse or wallet.

Some of the items may not apply to you now, or you may not have much control over them at this point in your life.

Add to this list any small – but common – purchases you make and see how much those purchases cost you over a year.

Then make a plan for saving that money or spending it on your financial goals.

Item	Cost of Item	Cost Per Month	Cost Per Year
Soda purchased from vending machine (<i>Example-5 days/week</i>)	\$.75	.75 x 20=\$15	\$15x52=\$780
Add-on phone services			
Snacks/convenience store purchases			
Cable TV (Pay Per View) i.e. movies or events			
Check-cashing stores			
Drinks out with friends			
Eating out			
Long-distance phone calls			
Tickets			
Magazines			
Alcohol			
Cigarettes			

WNEP education is supported by the USDA Food Stamp Program, UW-Extension and local partners. Food stamps can help provide a healthy diet. To find out more about FoodShare in Marquette County, call 608-297-7550. This newsletter is provided to you as a collaborative effort between the Marquette County UW-Extension Nutrition Education Program and the Marquette County Commission on Aging. For more information on either of these programs, please contact:



Cara Cross, Nutrition Coordinator
Marquette Co. UW-Extension
 480 Underwood Ave.
 P.O. Box 338
 Montello, WI 53949
 Telephone: 608-297-9153 x8

Sylvia Phillis, Supervisor of Aging Unit
Commission on Aging
 77 West Park Street
 P.O. Box 405
 Montello, WI 53949
 Telephone: 608-297-9110