

The 2010 *Dietary Guidelines for Americans* includes the following message: *Make half your plate fruits and vegetables.*

#### Fruits:

- provide nutrients that we need for good health, such as potassium, fiber, vitamin C, and folate.
- are naturally low in fat, sodium, and cholesterol.
- have no cholesterol.

For more information about planning healthy meals, go to:

[www.choosemyplate.gov](http://www.choosemyplate.gov)

or

[www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

## Serve a Wide Variety of Fruits For Healthier School Meals



**W**e eat with our eyes—then our mouths. If it looks good, we will taste it. If it tastes good, we will eat it. Because fruits are colorful and delicious, they have built-in kid appeal. And because they are available in so many forms—fresh, frozen, canned, dried, or juice—they give you a quick and easy way to boost the nutrition of your school meals.

### Recipe for Success

#### Boost the nutritional value

- **Go easy on juice.** Offer most fruit whole or cut up to get more dietary fiber.
- **Vary fruit choices.** Offer fruits with more potassium often, such as bananas, prunes, dried peaches and apricots, cantaloupe, and honeydew melon.
- **Select fruit canned in 100 percent** fruit juice or water, rather than syrup.
- **Cut the fat with fruit!** Try applesauce as a fat-free substitute for some of the oil when baking cookies and cakes.
- **Buy fresh fruits in season** when they may be less expensive and at their peak flavor.
- **Add** mandarin oranges, fresh apples, or grapes to your favorite salad mix.
- **Offer** baked apples, pears, or a fruit salad for something a little different.

#### Make fruit look good and easy to eat

- **Choose a variety** of fruits with contrasting color and shapes to catch kids' attention.
- **Cut up fruits**, especially apples and oranges, to make them kid-friendly and easy to eat.
- **Serve low-fat** yogurt as a dip for fruits.
- **For fresh fruit salads**, mix apples, bananas, or pears with acidic fruits like oranges, pineapple, or lemon juice to keep them from turning brown.
- **Serve individual containers** of fruits like peaches or applesauce as part of a grab-and-go meal.

#### Did You Know?

- It's best to wash all fruits (including melons and oranges) before cutting, preparing, or eating them.
- Remember to keep fruits separate from raw meat and poultry while receiving, storing, or preparing.

This fact sheet was adapted from the USDA fact sheet "Jazz Up Your Menu With Fruits for Healthier School Meals." MyPlate is the new food icon from USDA.

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