



## **Snap Peas**

**Did you know that peas are one of the world's oldest crops?**

**Snap peas are nutritious and filling, yet not as high in total carbohydrates and fats as normal peas. The pods themselves contribute mostly water and vitamins to the consumer.**

**Before being eaten, mature snap pea pods may need to be "stringed", which means the membranous string running along the top of the pod from base to tip is removed.**

**Over-cooking the pods will make them come apart. To avoid this, they should only be lightly steamed, or gently fried in oil. Snap pea pods may be frozen, but never canned, as the high temperatures are damaging.**

**Snap Peas are very low in Saturated Fat, Cholesterol and Sodium. They are a good source of Riboflavin, Vitamin B6, Magnesium, Phosphorus and Potassium, and a very good source of Dietary Fiber, Vitamin A, Vitamin C, Vitamin K, and Iron.**

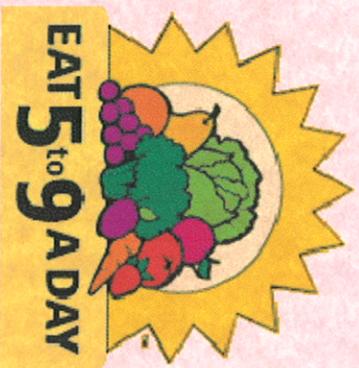
**California is the leading producer of peas, which are available year-round. New York, South Carolina, Oregon, Idaho, Texas, New Mexico, Florida, Washington, New Jersey, and Virginia are also pea-producing states.**



**Add fruits and vegetables to favorite foods.**

**Adding fruits and vegetables to favorite foods is an easy way to get a child to eat more fruits and vegetables. Put sliced bananas on top of cereal.**

**Add slices of green and red pepper to cheese pizza. Make strawberry milk shakes with frozen strawberries, low fat frozen yogurt and milk. Put some shredded carrots and lettuce on a turkey sandwich. Add carrot 'coins' to chicken noodle soup. Put slices of tomato inside cheese quesadillas. Add pureed red peppers and zucchini to spaghetti sauce. The possibilities are endless.**



The 5 A Day logo reminds you to eat 5 to 9 servings of fruits and veggies every day.



All national health authorities recommend eating 5 to 9 servings of fruits and vegetables every day to promote good health and reduce the risk of cancer, heart disease and other chronic diseases. Research shows that people who eat 5 or more servings of fruits and vegetables every day have half the risk of cancer and one-third the risk of heart disease compared to people who eat fewer fruits and vegetables.

Fruits and vegetables promote good health because they contain [vitamin A](#), [vitamin C](#), [fiber](#) and other essential nutrients. Additionally, they are low in fat and calories and contain no cholesterol.





## STAR FRUIT

The carambola, more popularly known as star fruit, but also coromandel gooseberry, kamranga, or five finger, is a golden-yellow to green berry. It acquired its “Star Fruit” name from the five pointed star shape when cut across the middle of the fruit.

Star fruits are crunchy, and have a slightly tart, acidic, sweet taste. Its seeds are small and brown.

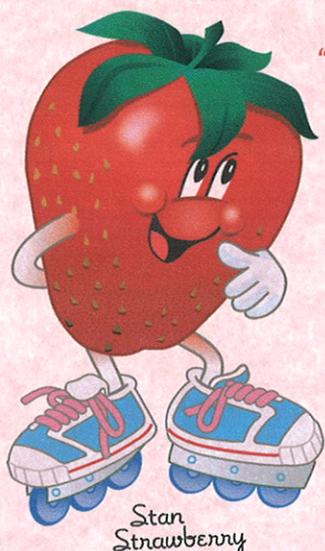
Star fruit has a tough outer skin.

Star fruits are an excellent source of vitamin C, is low fat, and naturally sodium and cholesterol free.

Star fruit starts out green, and goes to yellow as it ripens, though it can be eaten in both stages.

Fresh carambolas are often eaten out of hand like most fruits, as well as in salads, although the most popular use by far in the U.S. is for garnishing.

# Stan and Sarah Strawberry's Super Scrumptious Strawberry Smoothie



"We love to make smoothies to share with our friends. Try making this smoothie to share with your friends."

## INGREDIENTS:

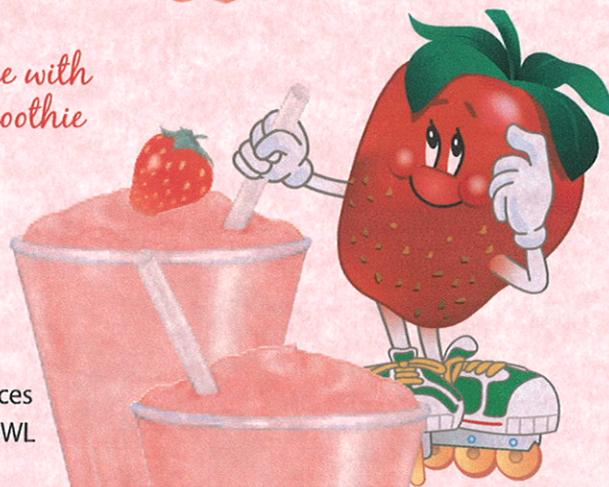
- 1 cup DOLE® Strawberries, fresh or frozen
- 1 (6-ounce) can DOLE Pineapple Juice
- 1 medium DOLE Banana, broken into four pieces
- 1 (4-ounce) DOLE Mandarin Orange FRUIT BOWL

## YOU WILL NEED:

- Measuring cups
- A blender
- 2 (12-ounce) glasses

## INSTRUCTIONS:

1. Place all ingredients in blender. Secure lid and blend for 10 seconds or until smooth.
2. Divide smoothie between two glasses.



**NUTRITION INFORMATION PER SERVING** *Makes 2 servings.*  
Each serving provides 2-5 A Day servings of fruit.

<b>Calories</b>	152	<b>Sodium</b>	10 milligrams	<b>Vitamin A</b>	46 International Units
<b>Total Fat</b>	0 grams	<b>Potassium</b>	360 milligrams	<b>Vitamin C</b>	75 milligrams
<b>Saturated Fat</b>	0 grams	<b>Total Carbohydrate</b>	39 grams	<b>Calcium</b>	22 milligrams
<b>Cholesterol</b>	0 milligrams	<b>Dietary Fiber</b>	4 grams	<b>Iron</b>	0.7 milligrams
		<b>Protein</b>	1 gram	<b>Folate</b>	29 micrograms

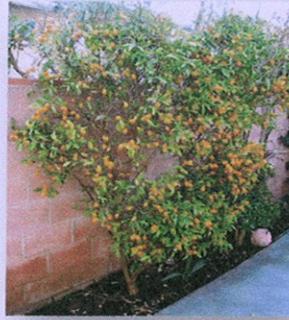
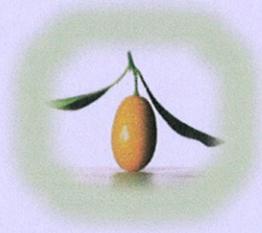


"This recipe is 5 A Day approved and provides fruits from three color groups. Can you figure out which groups? Write the name of each ingredient in the correct box."

<b>Red</b>	<b>Orange/Yellow</b>	<b>White</b>	<b>Green</b>	<b>Blue/Purple</b>
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Find more great recipes at [www.dole5aday.com](http://www.dole5aday.com).

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## **KUMQUAT**

**The kumquat tree produces small, edible fruits that look similar to oranges.**

**Kumquat fruit are usually between one to two inches long and are like an orange in reverse, with a sweet skin and tart pulp. You don't have to peel the kumquat; you simply eat the entire fruit.**

**Eat kumquats as you would eat grapes (with the peel), although, some people prefer eating only the skin.**

**Depending on variety, peel color ranges from yellow to red. The fruit is considered ripe when it reaches a yellowish-orange stage, and has just shed the last tint of green.**

**Before eating a kumquat, rub it between your finger and thumb, which will release the essential oils and help combine the flavor of the sweet peel and the tart flesh.**

**Kumquats offer many nutritional benefits. They are cholesterol, fat, and sodium free and provide a good source of fiber and of the vitamins A and C. Kumquats also contain traces of calcium and iron.**

**Approximately eight kumquats contain 100 calories. Thus, they offer a sweet alternative to other less healthy snack foods.**



## **POMELO GRAPEFRUIT**

**The pomelo is an exotic large citrus fruit that is an ancestor of the common grapefruit.**

**Because the pomelo fruit is related to the grapefruit, it has a taste that is tangy. However, pomelo fruit is sweeter in taste than the grapefruit. Pomelos are also firmer and less juicy than grapefruit.**

**You can recognize a pomelo fruit by its large size and thick outer skin. Inside the pomelo, there is a white, yellow, pink, or deep red pulp, depending on the variety.**

**Pomelo grow as large as a foot in diameter and some can weigh as much as 25 pounds.**

**Pomelos are also highly nutritious and are a good food source for a healthy diet. Pomelos do not contain any cholesterol, fat, or sodium. They are also an excellent source of the vitamin C.**

**The pomelo has a sweet citrus flavor that makes it appealing as a delicious, quick snack food.**

# BLOOD ORANGES



Vibrant and dramatic, the interior of a blood orange resembles a red rose. They are juicy, have a sweet tart taste and are slightly less acidic than regular oranges.

They are characterized by a distinctive flavor, with a hint of raspberry added to the rich orange taste.

## How They Get Their Color

Blood oranges contain a pigment called anthocyanin (an·tho·cy·an) which is not typically found in citrus but rather more common in other red fruits and flowers.

## Health benefits

Blood oranges are high in vitamin C.

Vitamin C helps to heal cuts and keeps our skin healthy. It also helps to fight infection and colds. Because vitamin C is not stored in the body, you need to eat foods rich in vitamin C every day.

Eating a medium-sized orange provides 28 percent of the recommended daily amount of dietary fiber. Oranges provide more fiber than any of the top 20 fruits or vegetables consumed today

**Try a sample of blood oranges today!**

## Papayas



*1/4 ripe*

*1/2 ripe*

*3/4 ripe*

*fully ripe*

**Papayas** are one of the **healthiest** fresh fruits.

They are an excellent source of Vitamins C and E and beta-carotene, three strong antioxidants.

Papayas are also a very good source of calcium, potassium and Vitamins A and B.

Papayas are rich in enzymes that aids digestion.

**Papaya is rated as one of the most nutritious fruits!**

Papayas has a wonderfully soft, butter-like consistency and a deliciously sweet, musky taste. Inside of the fruit are black, round seeds. Papaya's seeds are edible, although their peppery flavor is somewhat bitter. They are sometimes ground up and used as a substitute for black pepper.

Eating papaya is an easy, delicious and **NUTRITIOUS** way to reach your 5 to 9 fruits and vegetables a day!

**If you've never tasted papaya, give it a try.**

## RED FLAME RAISINS



**Raisins are grapes which have been dried.**

**Flame raisins are made from flame seedless red grapes.**

**How and when are the grapes dried?**

**In late August, grapes are hand picked, laid on rows of poly paper trays in the vineyard, and allowed to dry naturally in the sun. After two to three weeks, a fresh grape becomes a sun-dried raisin.**



**Are raisins good for you?**

**Yes! They are one of the most nutritious dried fruits in the world. Not only are raisins a good source of fiber, potassium, iron, calcium, and certain B vitamins, but they are also fat free and cholesterol free. Raisins are also a very rich source of antioxidants. No preservatives are used to keep them fresh.**

**Raisins are 70% pure fructose (a natural form of sugar) which is easily digested for quick energy!**

**Eat Raisins for a healthy and satisfying treat!**

# BLOOD ORANGES



Vibrant and dramatic, the interior of a blood orange resembles a red rose.

The blood orange has a sweet, deep red colored flesh. In most varieties of blood orange even the pulp and skin are slightly sweet, and not bitter.



Oranges are a good source of vitamin C. Vitamin C helps heal cuts and keeps skin healthy. It fights infections and colds and helps your body absorb iron from food.

Because vitamin C is not stored in the body, you need to eat foods rich in vitamin C every day.

## How They Get Their Color

Blood oranges contain a pigment called anthocyanin which is not typically found in citrus but rather more common in other red fruits and flowers. Not only is the inside of the orange darkly pigmented but depending on the variety the outside may also have dark washes of red.

# DRIED PEACHES



- The quality of dried peaches is excellent.
- Drying eliminates moisture from the food resulting in a longer food life. Organisms that make food spoil require moisture to survive, so foods that have been completely dried have the longest life.
- Dried peaches are delicious, and full of potassium.
  - peaches are naturally sodium free.
  - peaches have no cholesterol.
  - peaches contain vitamin A which helps us see in dim light.

Dried fruits and vegetables are high in fiber and carbohydrates and low in fat. However, dried foods are more calorically dense than their fresh counterparts. The recommended serving size for dried fruits and vegetables is half that of fresh.

Compared to other snacks - dried fruit is a healthy alternative and an easy way to include more fruit into the diet.

"You're a real peach"

originated from the tradition of giving a peach to the friend you liked.

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# SPINACH

Spinach is a dark green leafy vegetable whose leaves can be eaten raw or cooked.



**Eat more spinach. Your heart will thank you.**

Spinach is rich in the mineral potassium and low in sodium. Potassium-rich diets are an effective first line of defense against high blood pressure.

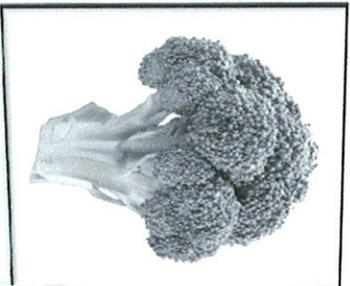
*Eating spinach has been shown to prevent memory loss and prevent cataracts. Spinach is an excellent source of many vitamins and anti-oxidants.*

## NUTRIENTS IN SPINACH

Do you know that spinach is a super vegetable that's packed with important nutrients? That's right! Spinach is an excellent source of vitamins A, C and fiber. But spinach contains more than just powerful vitamins...it has phytochemicals, too! Phytochemicals (pronounced "fight-o-chemicals") are substances produced by plants to help protect themselves from insects and other pests. The good news is these beneficial substances not only protect plants, they also protect humans. In fact, phytochemicals help fight to protect your health.

One way that you can tell if a fruit or vegetable has phytochemicals is by its color: red, orange, yellow, green, blue, and purple...all the colors of the rainbow! And each color has its own phytochemical. For example, dark green vegetables like spinach contain a phytochemical called lutein (loo-teen). Lutein helps keep your eyes healthy! So, when you think about healthy eyes, think about eating dark green vegetables like spinach!

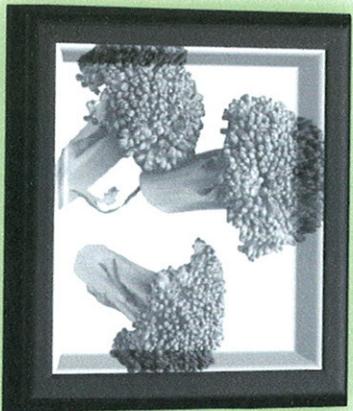




Broccoli is a cool-weather crop and grows poorly in the summer.

# Broccoli

This vegetable is highly recognized for its anti-cancer nutrients. It is a member of the cabbage family which is helpful in preventing certain types of cancer.



Broccoli florets have about eight times as much beta carotene as the stalks.

Broccoli is one of the richest vegetable sources of calcium, iron and magnesium.



Broccoli can be eaten raw in salads or with dips, or it can be steamed and eaten as is.

It's a good source of Vitamin A, and vitamin C, potassium, iron and fiber. Broccoli has as much calcium ounce per ounce as milk. So next time you sit down to eat and broccoli is on the menu..... Remember it really is good for you!

