



# Eagle Bites

## Nutrition News You Can Use

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At the first of every year there is always focus on losing weight and eliminating unhealthy foods from our diets. Instead of thinking about things you and your family shouldn't eat, consider foods you can add to your eating plan to help fight disease and will also help control your weight.



Eating fruits and vegetables in a variety of colors – red, dark green, yellow, blue, purple, white and orange – not only provide eye appeal but mixing them up also provides a wide range of nutrients. Fruits and vegetables also provide our bodies with antioxidants. Antioxidants help to fight disease and also block the free radicals in our bodies that can cause cancer.

### What's in Season?

You may find that some fresh fruits and vegetables have a higher price tag during the winter months. Know what's in season so you can get good food at a great price. These fruits and vegetables are in season December, January and February:

- Apples
- Brussels Sprouts
- Collard Greens
- Grapefruit
- Kiwi fruit
- Oranges
- Passion Fruit
- Pears
- Persimmons
- Sweet Potatoes
- Tangerines
- Turnips



### Eat a Colorful Variety Every Day

Did you know there are over 200 varieties of fruits and vegetables? That's over 200 different flavors and textures to enjoy! And the variety doesn't end there. You still have color, form and the many ways to prepare fruits and vegetables to take into consideration when mixing things up. Good for your family and fun for your kids, fruits and veggies can offer something new almost every day.

### How to create a rainbow on your plate:

- Make a tropical rainbow fruit salad with fruits of each color: oranges, pink grapefruit, mango, papaya, kiwifruit, bananas, and purple grapes.
- Sauté your own medley of mixed vegetables using each color: red onions, carrots, corn, broccoli and black beans.
- Try a spinach salad with dried cranberries, canned mandarin oranges and red onions.
- Make fruit-sicles: puree your favorite fruit such a melon, peaches, banana and berries with 100% fruit juice. Freeze in ice cube trays or paper cups for a refreshing treat. Check your frozen section to find fruit blends already cut up and ready to go!
- Make a dried fruit and nut mix for snacks. They make great gifts, too. Include dried apples, apricots, cranberries, peaches, pears, cherries and mixed nuts.
- Try some different veggie toppings on your pizza: eggplant, black olives, pineapple, onion, red and green peppers and spinach.

Visit [www.mypyramidforkids.gov](http://www.mypyramidforkids.gov) to learn the amounts of fruits and vegetables needed for your child each day.



## Is Frozen Fruit Just as Nutritious as Fresh Fruit?

Yes it is! Freezing locks in the nutritious and delicious flavor so they are waiting for you in the freezer anytime. Choose bags where the fruit is still in individual pieces. If they have become a solid block, this may indicate some thawing and refreezing. Store frozen fruits until date on package or up to 8-12 months for best quality. Food is still safe to eat with longer storage but may be of lesser quality. Frozen fruits are harvested at their peak and frozen within hours, so are very close to “just-picked” nutritionally. They are economical, cleaned and ready to use.



## Top 10 Fruit Snacks for Kids

- 100% fruit juice popsicles
- Fruit sandwiches: slices of apples or pears with a filling of low fat cheese
- Fresh fruits with a dab of peanut butter
- Fresh fruit dipped in low-fat yogurt
- Smoothies made with real fruit
- Canned fruit or single serve fruit cups
- Fresh fruit dipped in applesauce
- Dried fruits
- Frozen bananas on a stick
- Frozen fruit chunks: grapes, blueberries or watermelon



## Did You Know. . .

Kiwi fruit can be used as a natural meat tenderizer! Just cut the fruit in half and rub the cut end over the meat, or peel and mash with a fork then spread on the surface of the meat and let stand for 10 to 15 minutes or longer.

- Choose slightly firm kiwi fruits with rough, fuzzy skin.
- Store kiwi fruits in plastic bags under refrigeration for up to 6 weeks.

## Don't waste time with prepackaged snacks. Have 100 calories of real food instead!

The following foods equal 100 calories:

Strawberries	1 cup
Sliced Peppers	2 cups
Lettuce	20 cups
Blueberries	1 ¼ cup
Cucumbers	7 cups
Cherry Tomatoes	4 cups
Cantaloupe	2 cups
Canned Peaches(in juice)	1 ½ cup
Baby Carrots	2 cups
Apple Slices	2 cups
Orange Juice	7 fluid oz.
100% Vegetable Juice	16 fluid oz.

## Recipes for You

### Fruit Pizza

- 1 English muffin
- 2 tablespoons whipped, fat-free strawberry cream cheese
- 1/3 cup strawberries, sliced
- 1/4 cup red grapes, quartered
- 1/4 cup canned mandarin oranges, drained

### **Preparation:**

Toast the English muffin. Spread cream cheese on toasted muffin. Arrange sliced strawberries, grapes, and orange slices on top of the cream cheese. Slice into quarters and you'll have “yummy fruit pizza”!

**Check out the colorful fruits and vegetables on the Elementary lunch menu this month:**

Apples, pears, carrots, pineapples, oranges, peaches, salad, grapefruit, vegetable soup, applesauce and bananas

