

Fruit Dip

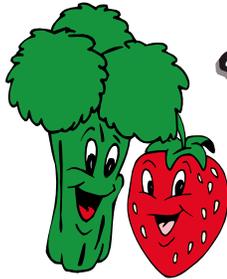
2 servings

2 tablespoons plain lowfat yogurt
2 tablespoons orange juice concentrate
1/2 teaspoon cinnamon or more to taste
canned or fresh fruit cut in pieces

Mix ingredients in a small bowl and use as a “dip” for fruit.

Peanut Butter Dip

1 cup peanut butter
1/2 cup water
1/2 cup honey
1 teaspoon vanilla
1/3 cup dry milk



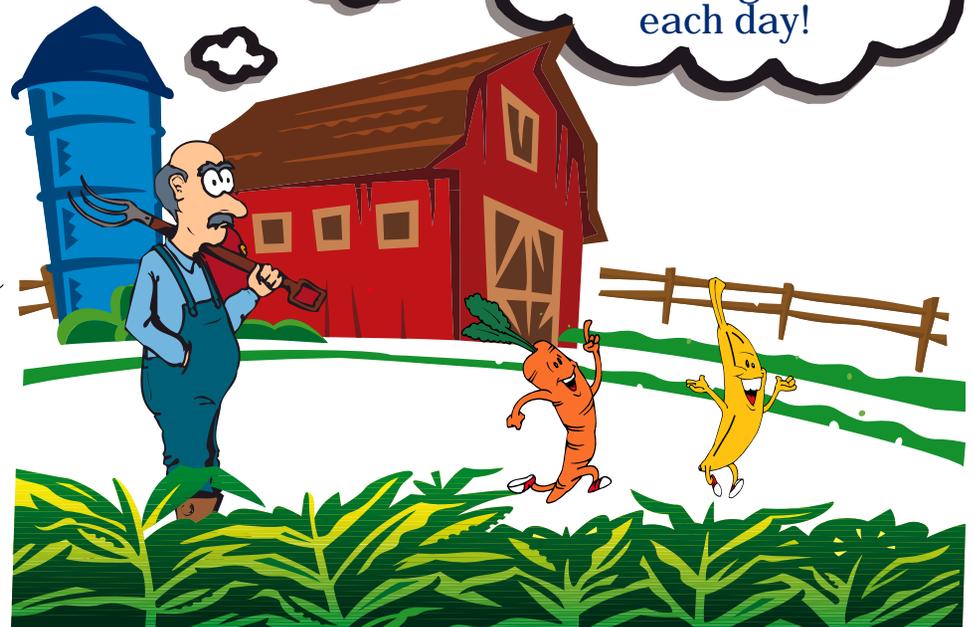
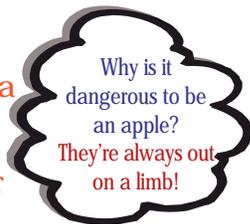
Heat ingredients over medium heat until blended stirring constantly. Cut fruits and vegetables into bite size pieces and dip into warm Peanut Butter Dip.

4-Bean Salad

Drain and combine one can each of kidney beans, garbanzo beans, green beans and wax beans to make a 4-bean salad. Toss with fat free Italian dressing.

Fruit Kabobs

Thread strawberries, thick banana slices and fresh or canned pineapple onto a toothpick or bamboo skewer. Serve to older children or adults.



Which is Best for Your Health Frozen, Fresh or Canned?

The answer is any and ALL. Canned vegetables are just as nutritional as fresh. Canned produce is processed immediately after harvest when the nutrient content is at its peak. So, whichever you prefer

Eat Five Servings of Fruits and Vegetables Daily

Fruits and Vegetables Any Time of Day

- Great tasting and perfect for snacks and meals
- Naturally sweet, some crunchy and most all colorful
- Finger foods like sliced bananas, strawberries, kiwi and green beans for a tasty snack
- Fruit smoothies or a dip for fruits and vegetables for kids of all ages

One medium fruit, such as an apple, banana or orange

1/2 cup cut-up fruit, such as a fruit salad

1/4 cup dried fruit, such as raisins, prunes or dates

3/4 cup fruit or vegetable juice, such as tomato or grapefruit

1/2 cup raw or cooked vegetables, such as broccoli, cauliflower or zucchini

1 cup raw, leafy vegetables, such as romaine or green leaf lettuce

A Health Insurance Claim

- The best way to stay healthy is to eat a wide variety of plant foods, including fruits and vegetables.
- Eating fruits and vegetables may help protect us from cancer and reduce the risk of heart disease.