

Fruits

Fruits contain vitamins, minerals, and antioxidants. They are a good source of fiber and low in fat. Because each fruit has a unique nutrient profile, we need to include a variety in our meals and snacks. All fruits and 100% juice are part of the fruit group. According to MyPlate and the Dietary Guidelines for Americans, children need 1 to 1 1/2 cups of fruit daily. Teens and adults need 1 1/2 to 2 cups. In general, 1 small, whole fruit, 1 cup of 100% fruit juice, or 1/2 cup of dried fruit counts as 1 cup.

SPEND SMART: CONSIDER ALL FORMS OF FRUIT

Fresh

- Purchase fruit in season for best price and quality; consider freezing extra fruit if time and space allow.
- Choose the smaller size when buying apples, oranges, bananas, and other individual fruits that are sold by the pound. The smaller size fruits are closer to the 1 cup serving size, which helps with portion control.
- Pre-cut fruit is at least 3 times more expensive and spoils faster.
- Consider price and personal philosophy when deciding whether to buy organic fruits. They tend to cost more and research* has not proven them to be nutritionally superior.

Canned

- Choose juice or water-packed varieties.
- Watch for sale prices and stock up.
- Use coupons and/or select the generic brand.
- Use unit pricing; individual-size containers can cost twice as much.

Dried

- Monitor portion size; 1/2 cup of dried fruit is a 1 cup fruit equivalent.
- Make your own snack packs by measuring 1/2-cup amounts into plastic bags or small containers.
- Compare brands and package sizes using unit pricing.
- Raisins are generally the least expensive dried fruit but even other dried fruits can be a smarter alternative to candy or cookie snacks.

Juice

- Check labels and buy 100% juice instead of “drinks” or “punches.”
- Frozen concentrate generally provides more servings per dollar than other juice choices.
- Add lemon or lime slices to chilled water for an alternative thirst quencher.
- Fruit juice should contribute no more than 1/2 your daily fruit servings.

*American Dietetic Association, Institute for Food Technologists, U.S. Department of Agriculture



SPEND SMART. EAT SMART.®

spendsmart.extension.iastate.edu

CHECK YOUR \$-SAVING SKILLS:

1. Which of these is the best buy?

- a. 12-ounce can of frozen juice concentrate @\$1.88 (6 cups)
- b. 64-ounce bottle of 100% juice @\$3.69 (8 cups)
- c. 10 boxes of fruit punch @\$3.19 (8 cups)

2. How could you use fruit that is overripe?

- a. Make a smoothie
- b. Freeze it to make smoothies, muffins, quick breads, pancakes
- c. Add it to muffins or pancakes
- d. All of the above

3. What would it cost for a single person to buy enough fruit to meet the MyPlate recommendations for a week? (Refer to chart on next page.)

- a. \$5
- b. \$7
- c. \$9

4. All fruits and vegetables should be washed immediately after purchase.

- a. Yes
- b. No

(Answers on next page)

Reference in this publication to any commercial product, process, or service, or the use of any trade, firm, or corporate name is for general informational purposes only and does not constitute an endorsement, recommendation, or certification of any kind. Persons using such products assume responsibility for their use and should make their own assessment of the information and whether it is suitable for their intended use in accordance with current directions of the manufacturer.

All prices in this publication were collected in central Iowa, Fall 2017. Although prices vary depending on date and location, the comparative differences generally follow a similar pattern.

Copyright © 2007 Iowa State University of Science and Technology, Iowa State University Extension and Outreach. All rights reserved.

For more ideas, tips, and recipes go to: spendsmart.extension.iastate.edu

PLAN

SHOP

COOK

SPEND SMART: GUARD YOUR FRUIT INVESTMENT

Check before you buy

- Hold the bag or carton up and look at the bottom for smashed or moldy fruit. The packaging should protect the product.

Treat with care at home

- Use fresh items first; have an immediate plan for using fresh berries and cherries, which can spoil quickly.
- Wash fruit under clean, running water and drain.
- Do not wash berries or cherries until ready to use.
- Most fruit will keep a week when refrigerated, but quality declines over time.

Monitor supplies

- Cut up blemished or damaged fruit for salads or snack cups.
- Freeze fruit if it will not be eaten within a few days.
- Write purchase date on canned and frozen packages and use the oldest ones first.
- Add nearly-too-ripe fruit to yogurt or use in smoothies, muffins, cobblers, or crisps.



SPEND SMART: WHAT CAN YOU BUY FOR A DOLLAR?

A common misconception is that "fruit is too expensive." The truth depends on how foods are compared. When you consider nutrition as well as cost, fruit is a bargain—and makes a great choice for snacks and desserts.

	SERVINGS/UNIT	COST	WHAT CAN YOU BUY FOR ABOUT \$1.00?
Apples	3 medium per pound	\$2.24 per pound	1 apple
Bananas	3 medium per pound	\$.59 per pound	5 bananas
Grapes	3 cups per pound	\$2.68 per pound	1 cup grapes (\$.89/cup)
Kiwis	5 per pound	\$.69/each	1 kiwi
Oranges	3 medium per pound	\$2.50 per pound	1 orange
Pears	3 medium per pound	\$1.89 per pound	1 pear
Orange juice	6 cups per 12-ounce can of concentrate	\$1.88	3 cups
Raisins	15-ounce box (2 ½ cups)	\$2.49	1.5 cups (3 servings)
Candy bar	1 2.07 oz bar	\$.99	1 bar
Chips	Pringles® 6.3 ounces	\$1.69	¾ canister

Answers:

CHECK YOUR \$-SAVING SKILLS

1. **A**—Juice concentrate is the best buy (\$.31 per cup) compared to bottled juice (\$.46 per cup). Drink boxes are not 100% juice.
2. **D**—All answers are good uses of overripe fruit.
3. **A**—About \$5 would buy the needed 14 cups of fruit (2 cups a day)—such as: 5 bananas, 3 kiwis, 5 cups 100% juice, 1 orange.
4. **B**—No. Some, such as apples and grapes, can be washed right away. Others, such as berries and other high moisture, softer fruit, should be washed just before using.

EAT HEALTHY AND STICK TO YOUR BUDGET!

The Spend Smart. Eat Smart. app can help you at home and at the grocery store to

- Choose and prepare fresh fruit and vegetables
- Find recipes and meal ideas
- Compare products to find the best price



Download for free from your app store.



EXPLORE THESE RESOURCES FOR MORE IDEAS

Iowa State University Extension and Outreach

- **Spend Smart. Eat Smart.**—spendsmart.extension.iastate.edu
- **AnswerLine**—www.extension.iastate.edu/answerline (or, call 1-800-262-3804)
- **Nutrition and Wellness**—www.extension.iastate.edu/humansciences/nutrition
- **Extension Store**—store.extension.iastate.edu

Choose MyPlate—www.choosemyplate.gov



Updated by Christine Hradek, MPH, state extension specialist. Originally prepared by Peggy Martin, MS, RD, extension specialist and reviewed by Ruth Litchfield, PhD, RD, LD, extension nutritionist.

This institution is an equal opportunity provider. For the full non-discrimination statement or accommodation inquiries, go to www.extension.iastate.edu/diversity/ext. PM 2066C | July 2020