Fruits are a good source of vitamin C, potassium, fiber, and folic acid.

5 Easy Tips for Eating More Fruit

- Keep fruit in plain sight.
- Buy what is in season.
- Have fruit for breakfast, lunch and dinner.
- Serve to your grandchildren.

Remember: You can have fruit fresh, frozen, or canned!
What’s in season?

Winter
Grapefruit, Kiwifruit, Oranges, Pears, Tangerines

Spring
Apricots, Honeydew, Mango, Oranges, Pineapple, Strawberries

Summer
Apricots, Blackberries, Blueberries, Cantaloupe, Cherries, Figs, Nectarines, Plums, Grapes, Peaches, Strawberries, Watermelon

Fall
Cranberries, Grapes, Pears, Pineapple, Pomegranate

Year round
Apples and bananas
Here’s an easy recipe for a healthy snack for the week!

Frozen Fruit Cups

Yield: 6 servings

Ingredients:

1 banana, peeled and mashed
8 ounces yogurt, non-fat strawberry flavored (or plain)
1/3 cup sliced strawberries, frozen, thawed, undrained
1/3 cup crushed pineapple, undrained

Preparation:
1. Line 6 muffin tin(s) cups with paper baking cups.
2. In a small mixing bowl, combine banana, yogurt, strawberries, and pineapple.
3. Spoon into muffin tin and freeze at least 3 hours or until firm.
4. Remove frozen cups and store in a plastic bag in the freezer.
5. Before serving, remove paper cups.

Nutrition Analysis:
Calories: 54  Carbohydrate: 15 grams  Protein: 2 grams
Fat: 0 grams  Cholesterol: 0 milligrams
Sodium: 22 milligrams  Fiber: about 1 gram