



(Editor's note: This article is provided by the District 279 School Health Council.)

Nutrition Notes

By Maia Seitz, Registered Dietitian, Hennepin County

Focus on: Fruit

Q. Why is fruit healthy?

A. Fruit is low in calories but packed with nutrition to help children grow, heal, and learn. Go easy on the juice, though (it's higher in calories and lower in nutrients than whole fruit)—and check the label to make sure it's 100 percent juice.

Q. How much fruit should my child eat every day?

A. It doesn't take much! The recommended amount for children aged 6 to 11 is 1 ½ cups of fruit a day (for example: one banana and a ½ cup of raisins).

Save Money:

- Try fresh, dried, canned, or frozen fruit, and fruit juice.
- Buy in bulk.
- Buy whole fruit instead of pre-cut.
- Shop at farmers' markets (best around closing time).
- Buy in season. (It's less expensive.) In winter: apples, cherimoya, dates, grapefruit, kiwifruit, oranges, passion fruit, pears, persimmons, pummelo, red currants, and tangerines.

See <www.fruitsandveggiesmore matters.org/?page_id=796>.

Kid-Friendly Fruit Snacks

- Sandwich with sliced pear and cheese
- Sliced apple with peanut butter
- Fresh fruit with yogurt dip
- Fruit and cheese kabobs
- Graham crackers and applesauce
- Frozen bananas dipped in yogurt and crushed cereal
- 100 percent juice popsicles

Tip: Kids are expert snackers; offer fruit as snacks and help them build lifelong healthy eating habits. Keep fruit on the counter or at eye level in the refrigerator or cupboard to make it easy to grab—and you won't forget it's there!

Food of the Month: Kiwi

Packed with: Fiber, vitamin C, potassium, and vitamin E

Healthy for: Heart

You can eat the fuzzy skin on the outside of the kiwifruit (just rinse it first). It's easy to peel kiwifruit too. Cut off the top and bottom ends, and then peel down the sides with a vegetable peeler or knife. Slice or quarter into bite-size pieces and enjoy.

