

SENIOR NUTRITION NEWS

Eat Smart Idaho

August 2020

Cost of Convenience: Fruit

Fruit is nature's convenience food. Many fruits come in their own skin, and are easy grab-and-go snack foods. According to MyPlate we need 1½ to 2 cups of fruit per day. This can be achieved by choosing fresh, frozen or canned fruits.

Fruit can be purchased fresh, frozen, or canned. Frozen and canned fruits are just as beneficial to your health and high in nutritional content as fresh fruits are. Often, canned fruit comes in heavy syrup, which contains a lot of added sugar. Choose those canned in 100% fruit juice instead of syrup. Frozen fruit can be great to keep on hand in the freezer for long periods of time. These fruits are frozen and packaged at peak ripeness, which allows the fruit to maintain its great taste and nutritional content.



Buying fruit that is in season can help you save money on your food bill. Some popular summer seasonal fruit include:

- Peaches
- Berries
- Melons

While the convenience of pre-cut and prepared fruit may seem like a good option, you will actually end up paying quite a bit more for this convenience. Look at the comparison of cost between pre-cut and whole fruit in the table below:

Item	Whole Price per pound	Pre-Sliced/Prepared Price per pound
Green Apples	\$.99-\$1.49	\$3.42
Cantaloupe	\$.99	\$3.99
Grapes	\$.99-\$2.99	\$4.99

Fruit can be very versatile. You can use it in many recipes. One example of this is applesauce. Applesauce is a great snack and can be used as a fat substitute in baked goods.

Watermelon Salsa

Enjoy this delicious salsa with a sandwich, grilled chicken or fish.

2 cups diced watermelon
2 cups diced mango, cantaloupe or honeydew
½ cup diced red onion
1/4 cup lime or lemon juice
2 Tbsp chopped fresh cilantro



Combine the fruit, onion, cilantro and lime or lemon juice in a large bowl. Toss gently. Cover and refrigerate. Serve cold.

Yogurt & Cinnamon Fruit Dip

1 cup vanilla low-fat yogurt
1/2 tsp cinnamon

In small bowl, combine all ingredients; mix well. Cover. Refrigerate 1 to 2 hours to blend flavors. Serve with fresh fruit such as apples, bananas, oranges, or your favorite fruit.

For Information on Eat Smart Idaho classes, contact the Nutrition Instructor in your county:

Panhandle: Benewah, Bonner, Boundary,
Kootenai & Shoshone Counties 208-446-1680

North Central Idaho: Clearwater, Idaho, Latah,
Lewis, & Nez Perce Counties 208-883-2267



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Sources: <https://extension.umaine.edu/food-health/2018/07/18/eat-well-summer-2018/>; <https://www.choosemyplate.gov/recipes/supplemental-nutrition-assistance-program-snap/fresh-fruit-cinnamon-yogurt-dip>
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