Healthy Serving Ideas

• Let your child try a variety of dried fruit like dates, figs, plums, and apples to find their favorites.
• Top lowfat yogurt with dried fruit for breakfast, snacks, or dessert.
• Keep small boxes or bags of dried fruit with you for quick, on-the-go snacks.
• Add chopped dates and figs to salads.
• Serve dried fruit for dessert.

Harvest of the Month

The Harvest of the Month featured fruit is dried fruit.

TROPICAL FRUIT AND NUT SNACK MIX

Makes 5 servings. ⅛ cup per serving. Total time: 25 minutes

Ingredients:
1 tablespoon butter
⅛ cup honey*
1 teaspoon almond or coconut extract
1 teaspoon ground cinnamon
2 cups old fashioned oats
Nonstick cooking spray
⅛ cup sliced almonds
⅛ cup dried tropical fruit bits
⅛ cup banana chips
⅛ cup raisins

1. Preheat oven to 350 F.
3. Transfer to a baking sheet coated with nonstick cooking spray. Spread mixture into a 1-inch thick layer.
4. Bake for 10 minutes, stirring once. Stir in almonds and bake for 5 to 10 minutes more.
5. Remove from oven and add in dried fruit. Let cool completely and serve.

*Do not give honey to children under the age of one.

Nutrition information per serving:
Calories 384, Carbohydrate 62 g, Dietary Fiber 7 g, Protein 9 g, Total Fat 13 g, Saturated Fat 4 g, Trans Fat 0 g, Cholesterol 6 mg, Sodium 67 mg

Adapted from: Network for a Healthy California, 2007.

How Much Do I Need?

• A ⅛ cup of dried plums, chopped dates, or dried figs is a good source of fiber.
• A ⅛ cup of most dried fruit is a source of potassium.
• Potassium is a mineral that helps your brain tell your muscles when to move.
• Potassium also helps keep a healthy blood pressure.
• Other excellent and good sources* of potassium are avocados, beans, kiwifruit, papayas, spinach, Swiss chard, and winter squash.

The amount of fruits and vegetables that is right for each person in your family depends on age, gender, and physical activity level. Look at the chart below to find out how much each person in your family needs. Make a list of ways you can add more fruits and vegetables to your family’s meals and snacks to help them reach their goals.

*Excellent sources provide at least 20% Daily Value (DV). Good sources provide 10-19% DV.

Recommended Daily Amount of Fruits and Vegetables*

<table>
<thead>
<tr>
<th></th>
<th>Kids, Ages 5-12</th>
<th>Teens and Adults, Ages 13 and up</th>
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<tbody>
<tr>
<td>Males</td>
<td>⅔ - 5 cups per day</td>
<td>4½ - 6½ cups per day</td>
</tr>
<tr>
<td>Females</td>
<td>⅔ - 5 cups per day</td>
<td>3½ - 5 cups per day</td>
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*If you are active, eat the higher number of cups per day. Visit www.mypyramid.gov to learn more.