

USDA Foods Fit Fruits

Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, pureed, or cooked.



People who eat more fruits and vegetables as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. Fruits provide nutrients vital for health and maintenance of your body.

Health Benefits

- As part of an overall healthy diet, eating foods such as fruits that are lower in calories per cup instead of some other higher-calorie food may be useful in helping to lower calorie intake.
- Eating a diet rich in vegetables and fruits as part of an overall healthy diet may reduce risk for heart disease, including heart attack and stroke, and protect against certain types of cancers.
- Adding fruit can help increase intake of fiber and potassium which are important nutrients that many Americans do not get enough of in their diet.



**Focus on
whole fruits.**



Source: [MyPlate.gov/eat-healthy/fruits](https://www.MyPlate.gov/eat-healthy/fruits)

TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

Fraud Hotline: 1-866-5-FRAUD-4 or 1-866-537-2834 | P.O. Box 12847 | Austin, TX 78711
Toll Free: (877) TEX-MEAL | For the hearing impaired: (800) 735-2989 (TTY)



Food and Nutrition Division
Commodity Supplemental Food Program

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Quick and Easy Recipe & Tips

Overnight Oats

Makes 1 servings

Ingredients

- ½ cup fruit (fresh, defrosted, or drained)
- ½ cup rolled oats
- ½ cup low-fat yogurt
- ¼ cup low-fat milk (or reconstituted non-fat dry milk)

Instructions

1. Prepare fruit by washing and cutting fruit to bite sized pieces, draining canned fruit, or defrosting frozen fruit.
2. Combine fruit, oats, yogurt, and milk in a container with a lid and shake to combine.
3. Chill overnight or up to 6 hours.



Popular fruits include blueberries, raspberries, watermelon, peaches, apples, applesauce, pears,

Tips for Cooking with Juice

1. **Juice Ice Cubes.** You can blend them in smoothies or add to some water for additional flavor.
2. **Fruit Syrups:** Soak fruit in juice, then mash fruit and juice together to create a fruit syrup for yogurt, oatmeal (overnight oats), and ice cream.
3. **Salad Dressing:** Create an easy salad dressing with 2 tablespoons olive oil, 2 tablespoons orange juice, and 1 tablespoon of cider vinegar with a dash of salt and pepper.
4. **Boxed Cake Mixes:** Substitute juices such as apple or orange juice for water in boxed cake mixes for a fruity flavored cake.
5. **Juice Glazes:** Add some tangy sweetness to meats by lightly brushing with juice before grilling or sautéing.



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