



live life well.



TIP OF THE WEEK

Interesting Facts About Fruits

APPLES

Washington is the top producer of apples in America. Indiana apples are high quality and available in many varieties including Red and Yellow Delicious, Jonathan, Courtland, and several relatively new varieties.

Apples need refrigeration to maintain crispness and flavor. Avoid fruit with too many bruises. Apples are high in fiber and a good source of vitamins A and C and potassium.

1 medium: 80 Calories 74 IU Vitamin A 8 mg. Vitamin C 2.8 g. Fiber

CANTALOUPE

Cantaloupe has been around since ancient Roman times about 2400 BC. Brought to the New World on one of Columbus's voyages in seed form, he later reported seeing it cultivated by the Indians. Also known as the Musk Melon because of its sweet smell, it has been a favorite all over the world.

It is hard to believe, but the great taste of a juicy sweet cantaloupe comes with a very small caloric price: only 50 calories per 6 oz. slice! Half a cantaloupe will meet your daily requirement for both vitamins A and C, as well as valuable minerals such as folic acid and potassium. Cantaloupe has no fat or cholesterol and provides fiber in the diet.

1 cup pieces: 57 Calories 5158 IU Vitamin A 68 mg. Vitamin C 0.5 g. Fiber

GRAPES

Table grapes have been around since 4000 BC. Franciscan missionaries introduced table grapes to California in the late 1700's. They may have been introduced to Mexico as early as 1500 by the Spanish conquistadors.

Grapes are low calorie, provide vitamin C and potassium, and are low in sodium. They are great snacks, go well in the lunch box, or compliment cheese platters.

1 cup raw: 114 Calories 117 IU Vitamin A 17 mg. Vitamin C 2.6 g. Fiber

For more interesting facts from Indiana State Department Of Health, log on to:

<http://www.in.gov/isdh/programs/nutrition/5aday/fruit.html>