

# TREE FRUITS

CHERRIES

## ALL ABOUT TREE FRUITS

Tree fruits are a broad category that contains both common and uncommon fruit. We've all heard of apples, pears, peaches, plums, nectarines, oranges, lemons, and limes. But did you know that pomegranates, coconut, starfruit, fig, guava, and jackfruit are also in this category? In addition, nuts such as pistachios, pecans, walnuts, and cashews are classified as tree fruits even though nutritionally they are very different.

As part of a healthy eating plan, between 1 and 2 cups of fruit are recommended every day. More active adolescents and adults should consume closer to 2 cups and younger children who don't need as many total calories should consume slightly less at 1 cup. Tree fruits are naturally full of nutrients including fiber, antioxidants, vitamins, and minerals. One large apple, for example, contains 20% of the recommended daily allowance of fiber, 7% potassium, and 8% of Vitamin C based on a 2,000 calorie diet.

## MAKE IT AT HOME: CHICKEN SALAD WITH APPLES & CRANBERRIES

Serves 5

10 oz cooked, diced chicken	½ cup light mayonnaise
¼ cup red onions, diced	2 TBSP Dijon mustard
1 ½ medium apples, washed, cored & diced	1 tsp dill, dried
½ cup dried cranberries	

Wash all produce. Dice onions and apples. Combine all ingredients in a large bowl. Mix well.

Nutrition per ¾ cup serving: 210 calories, 8 g total fat, 300 mg sodium, 50 mg cholesterol, 19 g carbohydrate, 18 g protein, 2 g fiber

#LOL

What kind of apple has a short temper?  
A crab apple!

NECTARINES

**SIMPLY  
GOOD**

PEARS



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## FRUITS FOR THE WHOLE FAMILY

Fruits are easily incorporated into snacks and meals for the entire family. Chances are, even picky eaters have a favorite fruit. And if parents desire to widen their child's repertoire of fresh fruit, a trip to the grocery store for him or her to choose a new fruit is a great way to provide a positive food experience.

Pair together food groups to get an extra boost of vitamins and minerals in an easy snack – apples with peanut butter, oatmeal with pomegranate seeds, or plum slices with goat cheese. Fruit is a popular snack choice because it is easy to find, goes anywhere, and helps keep us feeling full (but not too full) to make it through our day. Also, fruits such as plums, peaches, apples, and oranges are easily purchased and able to be stored whole without refrigeration, making feeding your family healthy foods one less thing to worry about.

## DID YOU KNOW? FUN FACTS ABOUT TREE FRUITS

- Unusual tree “fruits” include nuts such as cashews, pistachios, walnuts and pecans as well as coconut and cacao, the ingredient in chocolate.
- There are over 2500 varieties of apples grown in the US alone.
- To produce fruit, some trees must have other varieties or kinds planted next to them and use insects or wind to spread their pollen. Others can pollinate themselves without other plants nearby.
- One of the neatest tree fruits to cut into is the carambola, or starfruit. This fruit is yellow with five points and, when cut, resembles a star. Carambola is juicy and tart-sweet, perfect for a refreshing snack.
- Some fruits are ripe in winter – dates, kiwi, passionfruit, pear, currants, and citrus. Some of these fruits grow in tropical climates and others are from hardy trees in colder climates.

APPLES

NECTARINES

**SIMPLY  
GOOD**

PEARS

PLUMS

ORANGES