



Dried Fruit

Nutrition Facts

Serving Size: ¼ cup raisins (41g)

Calories 123

Calories from Fat 1

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 5mg 0%

Total Carbohydrate 33g 11%

Dietary Fiber 2g 6%

Sugars 24g

Protein 1g

Vitamin A 0%

Calcium 2%

Vitamin C 2%

Iron 4%

Other nutrients: Potassium (9%)

Helping Your Child Eat Healthy

- Introduce your child to a variety of dried fruits to find one that they really enjoy.
- Add raisins or dried cranberries to hot and cold cereals.
- Top low-fat yogurt with dried fruit and low-fat granola for a healthy dessert.
- Keep small boxes or bags of dried fruit with you for an on-the-go day.
- Let your child make trail mix.
- Add chopped dates or dried cranberries to salads.
- Serve a rainbow of dried fruits for dessert.



Produce Tips

- Dried fruits are available all year long.
- Look for dried fruits sold in bulk quantity.
- Buy dried fruits without added sugar.
- Store in airtight containers to maintain freshness. Store in cool, dry place.
- Freeze dried fruits before chopping. They will be less sticky.

Reasons to eat dried fruit

- A good source of dietary fiber.
- Iron, an essential mineral for maintaining the delivery of oxygen throughout the body.
- Source of Calcium, Vitamin A, Vitamin C, B-complex vitamins.



Eat the colors of the rainbow at every meal.
You will get a variety of vitamins and minerals necessary for growth.

Dried Fruit Recipes



Homemade Granola

8 C. rolled oats
1 1/2 C. wheat germ
1 1/2 C. oat bran
1 C. sunflower seeds
1 C. finely chopped almonds
1 C. finely chopped pecans
1 C. finely chopped walnuts
1 1/2 tsp. salt

1/2 C. brown sugar
1/4 C. maple syrup
3/4 C. honey
1 C. vegetable oil
1 T. ground cinnamon
1 T. vanilla extract
2 C. raisins or sweetened dried cranberries

Directions: Preheat the oven to 325 degrees F. Line two large baking sheets with parchment or aluminum foil. Combine the oats, wheat germ, oat bran, sunflower seeds, almonds, pecans, and walnuts in a large bowl. Stir together the salt, brown sugar, maple syrup, honey, oil, cinnamon, and vanilla in a saucepan. Bring to a boil over medium heat, then pour over the dry ingredients, and stir to coat. Spread the mixture out evenly on the baking sheets. Bake in the preheated oven until crispy and toasted, about 20 minutes. Stir once halfway through. Cool, then stir in the raisins or cranberries before storing in an airtight container.

Make Your own Trail Mix (Let your child be the inventor, allow them to pick out the ingredients)

4 C. dried fruits (at least 5 varieties*)
1 1/2 C. mixed nuts**
4 C. Pretzels

2 1/2 C. whole grain cereal
3 C. Lite buttered popcorn
1 C. Sweet chocolate (M&Ms, dark chocolate chips, yogurt covered raisins)

Directions: Mix all ingredients and place in air-tight container. Enjoy.

*Dried fruits: dates, figs, plums, raisins, apples, apricots, cranberries, bananas, mangos

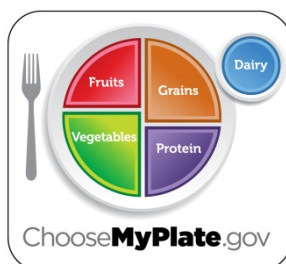
**Nuts: grape nuts cereal, sunflower seeds, walnuts, pumpkin seeds, pistachios

Oatmeal Dried Fruit Cookies

1 C. unsalted butter
3/4 C. granulated sugar
3/4 C. brown sugar
2 eggs
1 tsp. pure vanilla extract
1 1/2 C. flour
1/2 tsp. salt

1 tsp. baking soda
1 tsp. cinnamon
1/2 tsp. nutmeg
1/4 tsp. cardamon
3 C. rolled oats
1 C. dried cranberries (or other dried fruit)

Directions: Preheat oven to 350 degrees. Cream butter and sugars until fluffy. Add eggs and vanilla. Combine dry ingredients. Add to butter mixture and stir until well blended. Add dried cranberries. Drop by teaspoonful onto parchment covered baking sheet. Bake about 10 to 12 minutes, or until lightly golden. Cool.



- Make half of your plate fruits and veggies.
- Take your trail mix and go play outside; go for a walk, play in the park, or ride bikes.
- Drink plenty of water.