Eat Smart, Move More at Farmers Markets

Apples

Key Points
- Good source of fiber and vitamin C. Contain carotenoids and flavonoids that may be good for health.
- Choose firm, shiny, smooth-skinned apples with intact stems. Should smell fresh, not musty.
- The No. 1 trick to get kids to eat apples? Slice them!
- Fruits and vegetables that will be eaten raw should be kept separate from other foods, such as raw meat, poultry, or seafood.

Quick Tips
- Try dipping apple slices into peanut butter or low-fat yogurt. Sprinkle with sliced almonds, coconut, or dried fruit for a fun snack.
- Adding diced apples to pork chops or roasted chicken recipes is a great way to add nutrition with great flavor.
- Refrigerate apples in perforated plastic bag away from foods with strong odors. Use within three weeks. Can be stored at room temperature, but use within seven days.
- Wash thoroughly under running water before eating, cutting, or cooking.

Apple Carrot Salad

Number of servings: 4

Ingredients:
- 6 carrots, shredded
- 2 red apples, chopped
- ½ cup raisins
- 6 ounces vanilla low-fat yogurt

Directions:
1. In a medium bowl, mix together carrots, apples, raisins, and yogurt.
2. Cover and refrigerate for several hours or until chilled before serving.

Per serving: 160 calories; 1 g fat (trace saturated fat); 4 g protein; 37 g carbohydrate; 6 g dietary fiber; 2 mg cholesterol; 67 mg sodium.

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