



Pineapple

A sweet, tropical fruit, pineapple makes a great snack or side dish.

Pineapple is in season almost all year, which is good news for flavor and price. It is an excellent source of Vitamin C and fiber. Canned pineapple is a good alternative to fresh; just be sure to buy the kind in 100% juice.



Storage Tip

Leave whole pineapple on the counter for up to three days. After cutting, refrigerate for three to four days in an airtight container.

Ways to Eat Pineapple

- Plain
- Cooked into a stir-fry
- On top of cottage cheese
- Sliced and grilled
- In a fruit salad

How to Cut a Pineapple

- 1 On a secured cutting board, place the pineapple on its side. Cut off the top and bottom.
- 2 Now that you have a flat surface, set the pineapple upright. Slice off the rough skin, following the rounded shape of the fruit as you go.
- 3 Cut the pineapple in half the long way, slicing through the core.
- 4 Cut each half down the middle so you are left with four long pieces.
- 5 Cut the core from each long piece.
- 6 Chop the pineapple into squares and serve.



Frozen and canned pineapple are healthy choices, too.

How to Pick 'Em

Choose pineapples that are heavy for their size with dark green leaves. Look for an outer shell that is more yellow than green.

Pineapples are picked ripe, so they should be ready to eat when purchased. A good price for whole pineapple is \$2.75.

Pick a better snack™



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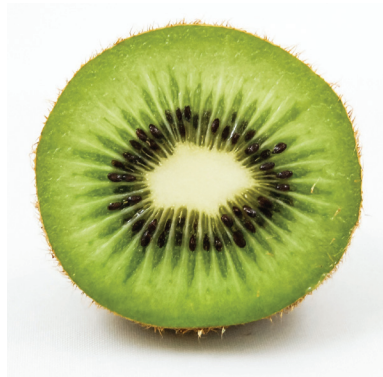
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Kiwifruit

Kiwifruits are small and round. They are fuzzy brown on the outside and bright green with tiny black seeds on the inside. The skin can be eaten, or it can be peeled.



Kiwifruits grow on vines (similar to grapes).

Varieties

There are over 400 varieties of kiwifruits. The Hayward is the most popular in the United States. Kiwifruits are **available year-round**.

Uses

Kiwifruits are usually eaten raw. They can be eaten whole like an apple or cut into quarters like an orange. Another way to eat them is to cut them in half and scoop out the flesh with a spoon. Add slices to fruit salads, salsa, or cereal.

Nutrition Facts:

- Fat free
- Cholesterol free
- Good source of fiber
- Good source of Vitamin C
- Rich in vitamin E
- High in potassium

Banana

Bananas are a long, thick-skinned fruit. They have a peel which comes off easily. Bananas ripen after they have been picked. They are ripe when the skin is yellow and speckled with brown spots. Avoid bananas with brown spots that seem very soft.



Bananas grow in hanging clusters on plants which look like—but are not—trees.

Bananas are the most popular fruit in the world. They are inexpensive and **available year-round**.

Varieties

The most popular variety of banana, Cavendish, is the familiar yellow type found in most grocery stores. Plantains, Finger Bananas, and Red Bananas are also popular. Plantains need to be cooked before eating. Although some wild varieties have hard seeds, almost all bananas people eat are seedless.

Uses

Bananas are delicious eaten after peeling off the skin. Enjoy a banana for lunch or as a snack. Eat sliced bananas in cereal, yogurt, or on a peanut butter sandwich. Banana bread and muffins are very popular.

Nutrition Facts:

- High calories
- Fat free
- Cholesterol free
- Sodium free
- High in potassium
- High in vitamin C
- High in vitamin A