



**NORTH  
DAKOTA**

# FNP News

*Family  
Nutrition  
Program*

#177

SEPTEMBER 2005

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**Fruit Group**  
Focus on fruits

## Exploring "MyPyramid"

### Why is the Fruit Group important?

Fruits are a good source of vitamins, minerals, fiber and other phytochemicals ("plant chemicals" that have health benefits).

Many fruits are naturally sweet, which most people enjoy. Aim for a variety of colors of fruit to get all the health benefits!

### How much food from the Fruit Group do I need to eat?

The amount of fruit (in cups) recommended for you depends on your age, sex and physical activity level. The chart below shows recommended daily amounts for people who get less than 30 minutes of physical activity daily. If you are more active, your food energy needs increase.

For example, men ages 51 and older need 2 cups of fruit per day. Women the same age should aim for 1 ½ cups of fruit daily.

	Age	Amount
Children	2 to 3 years old	1 cup
	4 to 8 years old	1-1 ½ cups
Girls	9 to 13 years old	1½ cups
	14 to 18 years old	1½ cups
Boys	9 to 13 years old	1½ cups
	14 to 18 years old	2 cups
Women	19 to 30 years old	2 cups
	31 to 50 years old	1½ cups
	51+ years old	1½ cups
Men	19 to 30 years old	2 cups
	31 to 50 years old	2 cups
	51+ years old	2 cups

### How can I get my family to eat enough fruit?

The most important thing is to keep it available and include it in your menus. Try these tips:

- Buy different forms of fruit – fresh, dried, frozen and canned (in water or fruit juice) – so you always have some on hand.
- Have a glass of orange juice, or top breakfast cereal with banana slices or berries to start your day.
- Make fruit smoothies as a tasty after-school snack.
- Keep a bowl of whole fruit on the table or counter for easy reach.
- Have fruit, such as an apple, banana or raisins, as a school or work snack.
- Serve fruit as a side dish for lunch or dinner.

#### Try this example:

Using the chart, how much food from the Fruit Group does a 15-year-old girl need daily?.....

cups

**Answer: 1½ cups**

Visit [www.mypyramid.gov](http://www.mypyramid.gov) for more information to help you meet the current recommendations for fruits.



## I like fruit juice. Is all fruit juice the same?

Citrus juice, such as orange and grapefruit, is the most nutritious type of juice.

Be sure to read the label carefully, and choose juice labeled "100 percent fruit juice."

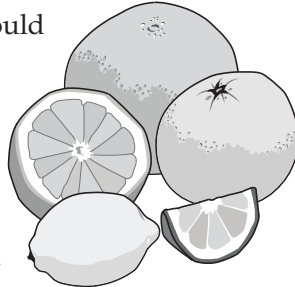
Fruit-flavored beverages often are named "fruit punch" or "fruit drink." These usually contain 10 percent or less real fruit juice.

Many fruit-flavored drinks contain lots of added sweeteners and artificial fruit flavorings. Fruit-flavored beverages usually contain calories but few nutrients.

Try not to "drink" your fruit recommendation every day, though. Whole fruit has the added bonus of fiber!

## How long can cut-up fruits be at room temperature?

Cut-up fruits (and vegetables) should spend no more than two hours at room temperature. Bacteria and other "germs" can grow on cut-up fruit. Be sure to wash fruits with plenty of running water before cutting them up, too.



## Notice of Administrative Rules Committee Meeting Regarding the Food Stamp Program

The North Dakota Department of Human Services intends to request that the Legislative Council's Administrative Rules Committee approve the repeal of North Dakota Administrative Code Chapter 75-02-11 regarding the Food Stamp program. The Administrative Rules Committee will meet on September 27, 2005, in the Roughrider Room of the State Capitol at 600 E. Boulevard Ave., Bismarck, N.D. The time assigned by the Committee for consideration of this repeal may be accessed at [www.state.nd.us/lr/council/interim/meetings/](http://www.state.nd.us/lr/council/interim/meetings/).

Copies of the rules are available for review at all North Dakota county social service offices and at human service centers. Copies of the rules also may be requested by telephoning (701) 328-2311 or writing to: Rules Administrator, North Dakota Department of Human Services, State Capitol – Judicial Wing, 600 E. Boulevard Ave., Dept. 325, Bismarck, ND 58505-0250.

Call for more information on foods and nutrition  
or managing your food dollar



*Gayle Gette*  
**Gayle Gette**

Extension/Nutrition Education Agent, FNP

NDSU Extension Service – Towner County  
Memorial Building • Cando, ND 58324 • (701) 968-4364