

# Food For Thought

TIPS ON TASTE, NUTRITION & HEALTH

## Easy Ways To Eat More Fruit

by Elizabeth Pivonka, Ph.D.,  
president, Produce for Better  
Health Foundation

(NAPSA)—Fruit and vegetable eaters are generally healthier and have a better chance of staying that way than folks who pass up the produce department. Evidence



Dr. Pivonka

that connects fruits and vegetables with reduced risk for certain cancers, heart disease, high blood pressure, birth defects and diverticulosis is convincing.

The list of potential health benefits is substantial, and growing to include diseases of aging and mental alertness. There is even a study that suggests that fruit and vegetable lovers have fewer wrinkles.

How much is enough? This is definitely a case where more is better. The scientists at the U.S. Department of Agriculture who set the guidelines for a healthy diet recommend Americans eat five to nine servings of fruits and vegetables every day. That adds up to two to four servings of fruit and three to five servings of vegetables. The more calories you require to maintain a healthy weight, the more fruits and veggies you need. Most Americans are still struggling to get to 5 A Day.

Time seems to be a major barrier for most of us when it comes to putting our good dietary intentions into practice. The folks at the Chilean Fresh Fruit Association have some easy recipes like Poached Pears Pronto, and quick tips that can help. A wonderful variety of red and green Chilean pears and apples as well as kiwifruit come to the United States during our winter and spring months when American fruit consumption is at its lowest.

### Apples, Pears, and Kiwi In a Flash

- Spread Chilean Gala or Fuji apple wedges with peanut butter and roll in granola.
- Sautee thin slices of Chilean red or green Bartlett pears in a little margarine and sugar, and serve over waffles. I use the



ready-made waffles from the frozen food section.

- Dice a peeled Chilean Braeburn or Granny Smith apple into quick cooking oatmeal and microwave following the package directions.

- Slice washed Chilean kiwifruit in half, and eat it with a spoon like a soft-cooked egg.

### POACHED PEARS PRONTO Preparation Time: 20 minutes

- 4 large, ripe Chilean fresh pears
- ½ cup cranberry juice
- 4 ounces fat-free cream cheese
- ¼ cup chopped dates
- ¼ cup dried cranberries or raisins
- ¼ teaspoon vanilla
- 2 tablespoons chopped walnuts

Peel pears and cut in half lengthwise. Remove core and place in microwave safe dish. Add cranberry juice and enough water to cover pear halves. Cover and microwave on high for 3-4 minutes or until just tender. Set aside to cool. Mix cream cheese, dried fruit and vanilla. When pears are cooled to room temperature, remove from liquid and fill each pear half with the cream cheese mixture. Top with chopped walnuts and serve. Makes 4 servings.

Nutrients per serving: Calories 144; Protein 6g; Fat 3g; Calories from Fat 17%; Carbohydrate 25g; Cholesterol 2mg; Fiber 5g; Sodium 162mg.

For more information on fresh fruit from Chile and 5 A Day for Better Health go to: [www.cffausa.org](http://www.cffausa.org), [www.5aday.com](http://www.5aday.com), [www.aboutproduce.com](http://www.aboutproduce.com).