

Super Healthy, Super Tasty

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(NAPSA)—Young children enjoy helping in the kitchen. Peanut Butter and Fruit Pita Pockets combine crisp, colorful apples, with juicy, sweet pears and crunchy, velvety smooth peanut butter. Have your children help cut up the fruit (if they are old enough), mix in the peanut butter and stuff the pita pocket breads. These fruit and peanut butter pita pockets make a great snack or sandwich for lunch, and it's a good way for your children to eat more fruits and vegetables.



Pivonka

While most Americans realize that eating fruits and vegetables is important to a healthy diet, current trends are alarming: fruit and vegetable consumption is declining and obesity levels are on the rise—in children as well as adults. Recently, scientists at USDA's Economic Research Service discovered that people who eat more servings of fruit each day have healthier body weights. The Produce for Better Health Foundation has launched a campaign called 5 A Day The Color Way. Its rallying cry is one children can relate to, "Eat Your Colors Every Day." Each fruit and vegetable has a different color and complement of vitamins, minerals, fiber and phytochemicals. Eating a variety of fruits and vegetables is the best way to get the unique benefits each has to offer. Next time you go to the market, take your children with you and have them choose a variety of colorful apples and pears—reds, greens and in-betweens—along with other fruits and vegetables.

During the winter months there is a wonderful array of fruits from Chile available in the produce department. Winter in the United States is summer in Chile, which means you receive the benefit of Chile's agricultural expertise and the fruits of their labor, including Gala, Fuji, Granny Smith and Braeburn apples and red and green Bartlett pears. So, go ahead and cut-up a couple of apples, drizzle them with a little honey, sprinkle on some chopped peanuts and enjoy a little slice of summer in the winter.



A delicious and fun snack for kids of all ages...Sh-h-h-h, it's super healthy!

For more information on fresh fruits from Chile, visit www.cffausa.org. For information about 5 A Day and The Color Way Guide to the Health Benefits of Colorful Fruits and Vegetables, visit the Web site www.5aday.com and www.aboutproduce.com.

Peanut Butter and Fruit Pita Pockets

- 1 large crisp apple, peeled, cored and finely diced**
- 1 medium Bartlett pear, peeled, cored and finely diced**
- 1½ tablespoons raisins**
- 2 teaspoons orange juice**
- 3 tablespoons super chunk peanut butter**
- 4 large lettuce leaves or 8 large spinach leaves**
- 2 whole wheat pitas, about 2 ounces each**

Combine diced apples, pears and raisins with orange juice and let stand for 5 minutes. Add peanut butter and mix well. Wash and dry lettuce or spinach leaves. Tear lettuce into pita-size pieces. Warm pita in toaster on lowest setting. Cut pita in half, and carefully open each half to make a pocket. Line each pocket with lettuce or spinach leaves and spoon in equal portions of fruit mixture. Serve and enjoy. Serves 4 as a snack or 2 as a meal portion.

Nutritional information per snack serving: calories: 208, total fat: 7g, saturated fat: 1.3g, % calories from fat: 28%, protein: 7g, carbohydrates: 34g, cholesterol: 0mg, dietary fiber: 5g, sodium: 231mg

Note to Editors: Fifty-fourth in a series of monthly 5-A-Day columns, with more stories featuring fruits and vegetables at www.napsnet.com and search: "Pivonka."