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Share the Wellness Tip

Fresh Ideas For Choosing Produce

Are tomatoes tiring and apples appalling? Take a break from your usual fruits and vegetables, and try something new.

Choosing fruits counts as a smart pick because fruits are low in calories and high in vitamins, minerals and fiber. Colorful fruits and veggies are loaded with antioxidants called flavonoids, which may help prevent diseases like heart disease, stroke and cancer. The Dietary Guidelines for Americans recommend filling half your plate with fruits and vegetables for meals and snacks. So try these lesser-known fruits to give your plate a taste of something different:

- **Tomatillos** are small, round, green or yellow fruits wrapped in a light-brown husk. They contain vitamin C. Like their cousin the tomato, tomatillos can be used in salads, salsas or sauces. Just remove the husk, wash and slice.
- **Asian pears** are round, yellow, fiber-rich fruits that are crisp and juicy like apples. Their flavor is slightly sweet and tart. They are ripe straight from the store. You can eat them as-is or add them to slaws and sandwiches.
- **Cherimoyas** are green fruits that resemble pinecones and are loaded with vitamin C. Their pulp tastes like a combination of pineapple, papaya and mango. To eat, cut one in half, remove the seeds and then scoop out the inside with a spoon.
- **Pitayas (dragon fruit)** are a member of the cactus family. They have a red, white or yellow leathery skin. The fruit can be scooped out from the skin after cutting in half. Pitayas are high in vitamin C and are a source of lycopene.

Sources: *Fruitsandveggiesmorematters.org, Choosemyplate.gov*

