



Ask The Expert: How Healthy is Fruit Juice?

Written by Caroline Parker; Purdue University
Dietetics & Nutrition, Fitness, and Health



Drinking a glass of fruit juice is not the same as eating a whole piece of fruit. Even if the packaging claims that the juice may be "100% fruit juice" or "a daily serving of fruit", fruit juice and fruit affect the body differently. Fruit juice does not have the fiber that whole fruit has. This means that fruit juice leaves the stomach much faster than a whole piece of fruit. Fruit juice may quickly raise blood sugar and doesn't make you feel full like a piece of fruit would. The fiber found in whole fruit is important for these reasons and also because it can reduce risk of heart disease, diabetes, and constipation! According to recent studies, drinking fruit juice may increase your risk of type 2 diabetes, while whole fruit decreases your risk of developing type 2 diabetes. Replacing 3 servings of fruit-juice per week with whole fruits can reduce your risk of type 2 diabetes by 7%.

Compared to whole fruit, fruit juice has much more sugar and calories. For example, one medium orange has about 12 grams of sugar and 65 calories, while one cup of orange juice has about 21 grams of sugar and 112 calories. Whole fruit can be just as convenient as fruit juice. Simply wash and take along with you for a healthy snack.

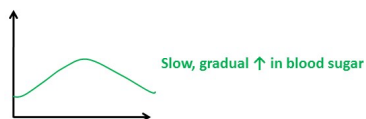
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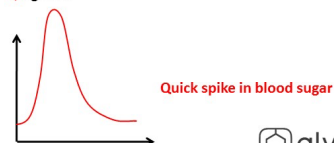
Whole Fruit Vs. Fruit Juice



90 kcal
15g carbohydrates
4g fibre



↑150 kcal
↑35g carbohydrates
↓2g fibre



glyco

Food Safety: Keeping Fruit Safe

Written by Caroline Parker; Purdue University Dietetics & Nutrition, Fitness, and Health

Although fruit is very healthy, fruits may have harmful germs like Salmonella, E. coli, and Listeria that can make your family sick if you eat them! There are many steps you can take to keep your family safe from contaminated fruit.

At the store:

1. Choose produce that isn't damaged, keep pre-cut fruits stored cold in the fridge, and separate fruits and veggies from raw meat in your grocery cart.



At home:

1. Wash your hands, utensils, and chopping boards before and after preparing fruit
2. Clean fruit before eating, cutting, or cooking
3. Cut away damaged areas
4. Dry fruit with a clean paper towel
5. Refrigerate fruits you have cut, peeled, or cooked within 2 hours, and chill them at 40 degrees or colder in a clean container



Rise and Shine Cobbler

Ingredients (4 servings)

- 1 cup sliced peaches*
- 1 cup sliced pears*
- 6 prunes pitted and cut in half
- 1 orange*
- 1 cup low-fat granola
- 1/4 teaspoon of vanilla extract

Instructions

1. In a large bowl mix peaches, pears, prunes, and vanilla extract
2. Rub an orange against a grater to remove 1 teaspoon of the orange peel. Cut the orange in half and squeeze 1/4 cup orange juice. Add the orange juice and peel to the mixture. Stir.
3. Top with granola
4. Microwave on high for 5 minutes, and let stand for 2 minutes. Spoon into 4 bowls and serve warm

*Available through the The Emergency Food Assistance Program



Nutrition Facts (per serving)

Calories: 215
Protein: 3 grams
Carbs: 51 grams

Eating Right: Eating Fruit Seasonally

Written by Caroline Parker; Purdue University Dietetics & Nutrition, Fitness, and Health

Why is it important to eat fruit seasonally?

1. Seasonal fruit is fresh and nutrient rich

As soon as fruit is cut off the tree or bush, it slowly starts losing nutrients. Produce that is not in season is picked, stored, and transported across the country. This takes a lot of time and some nutrients may be lost.

If you want a fruit that is not in season, buy it frozen! Frozen fruits often have the same or even more nutrients than fresh fruit because freezing fruit preserves the nutrients.

2. Seasonal fruit is more flavorful.

A fruit's flavor is strongest right when it is picked. Fruits that are not in season are picked before they are ripe and can be bland.

3. Seasonal fruit is less expensive

Fruit that is not in season is more expensive because it has to be shipped from across the country, which takes labor and time.

Whole fruit is even less expensive than fruit juice!

The price of one serving of orange juice costs 53 cents, while one orange costs 32 cents.

4. Seasonal fruit helps build your community

By buying from your nearby farmer's market, you can help build your local economy and help to create a sense of community.

5. Seasonal produce is environmentally friendly

Seasonal foods need less transportation and less intensive farming. Out-of-season fruits have to be shipped from across the country.



Blackberries are in season between June to August. Did you know that blackberries have one of the highest antioxidant contents of any food?

Apples are in season between July to October. There are more than 7,500 kinds of apples grown around the world!

Watermelons are in season between July to October, just like apples. The first recorded watermelon harvest was 5,000 years ago in Egypt! They are grown in 96 countries.

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In The News: Preventing Cancer with Fruit

Written by Caroline Parker; Purdue University Dietetics & Nutrition, Fitness, and Health

Did you know that 70% of your lifetime risk of cancer is within your power to change? One way you can reduce your risk of cancer is by eating fruits.

Fruit is filled with fiber, which plays a role in moving food through the digestive tract, sweeping it clean of cancer-causing compounds before they have the chance to cause damage. Fruit's fiber can help prevent colorectal cancer and other digestive cancers such as stomach, mouth, and pharynx cancer. For example, "eating oranges, berries...and other foods high in vitamin C may also protect against esophageal cancer". Also, watermelon can even reduce your risk of prostate cancer.

Whether you have cancer or not, fruit is a powerful food that can make a big difference in your long-term health. To boost the cancer-fighting effects of fruit, make sure to eat at least some fruit raw, and wash fruit to reduce the risk of foodborne illness and pesticides left on the skin.

Sources: <https://www.helpguide.org/articles/diets/cancer-prevention-diet.htm>

