

Apricots

Key Points

- For the best buy, choose apricots that are plump and firm with an orange to yellow color.
- To prepare fresh apricots, rinse and eat. Avoid the pit inside.
- To keep fresh, store at room temperature for up to 5 days (if the apricot is already ripe, store it in the refrigerator).
- Apricots contain vitamin A , which is good for healthy eyes and skin.



Apricot Salsa

Ingredients:

1 1/2 cups chopped apricots
1 cup chopped cucumber
2 tablespoons chopped red onion
2 tablespoons lime or orange juice
1 teaspoon vegetable oil
1 tablespoon chopped parsley

Directions:

1. Combine apricots, cucumber, red onion, lime juice, vegetable oil, and parsley in a large bowl. Stir gently.
2. Chill before serving. Enjoy!
3. Refrigerate leftovers.

Makes 4 servings.

Apricot Apple Salad

Ingredients:

1 can (15 ounces) apricots, juice drained
2 apples
1 cup canned pineapple, juice drained
3/4 cup vanilla yogurt

Directions:

1. Cut apricots into bite size pieces.
2. Core apples and cut into bite size pieces.
3. Mix apricots, apples, and pineapple in a large bowl. Add yogurt.
4. Stir gently to coat.
5. Chill before serving. Enjoy!
6. Refrigerate leftovers.

Makes 6 servings.

Quick Tips

- Replace butter (or other fats) with pureed apricots when baking.
- Travel with dried apricots to eat as a quick snack.
- Add canned apricots to oatmeal, cottage cheese or yogurt.
- Remember to rinse all fruits and vegetables before using.

This material was funded by USDA's Supplemental Nutrition Assistance Program-SNAP. The SNAP program, formerly known as the Food Stamp Program (FSP) in New York, provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet., Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call (202) 720-5964 (voice and TDD). To find out more, contact: 1-800-342-3009 or go to: myBenefits.ny.gov. USDA is an equal opportunity provider and employer. In accordance with Federal law and U.S. Department of Agriculture's policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326-W

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Just Say Yes to Fruits and Vegetables

The Nutrition Facts Label — What does it tell us?

Recipe Name:
Apricot Salsa

Recipe Name:
Apricot Apple Salad

Nutrition Facts

Serving Size (151g)
Servings Per Container

Amount Per Serving

Calories 70 Calories from Fat 30

% Daily Value*

Total Fat 3.5g 5%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 10g 3%

Dietary Fiber 2g 8%

Sugars 8g

Protein 1g

Vitamin A 8% • Vitamin C 25%

Calcium 2% • Iron 2%

1. Start with the serving size.

2. Check calories.

3. Limit these:
 -Total fat
 - Saturated fat
 - Trans fat
 - Cholesterol
 - Sodium

4. Get enough of these:
 - Fiber
 - Vitamins A and C
 - Iron
 - Calcium

Nutrition Facts

Serving Size (201g)
Servings Per Container

Amount Per Serving

Calories 110 Calories from Fat 5

% Daily Value*

Total Fat 0.5g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 25mg 1%

Total Carbohydrate 26g 9%

Dietary Fiber 3g 12%

Sugars 22g

Protein 2g

Vitamin A 25% • Vitamin C 20%

Calcium 6% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000 2,500

| | | | |
|--------------------|-----------|---------|---------|
| Total Fat | Less than | 65g | 80g |
| Saturated Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000 2,500

| | | | |
|--------------------|-----------|---------|---------|
| Total Fat | Less than | 65g | 80g |
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| Dietary Fiber | | 25g | 30g |

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4

Percent (%) Daily Value:
5% or less is LOW
20% or more is HIGH

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