



# Mixed Fruit, Canned

## MyPlate Food Group: Fruit

### Nutrition Information

- 1 cup of canned mixed fruit counts as 1 cup of fruit in the ChooseMyPlate.gov Fruit group.
- Mixed fruit is naturally low in fat, sodium, and calories. Fruit does not have cholesterol.
- Canned mixed fruit contains many vitamins and minerals that are important for your body.
- For specific information about canned mixed fruit, please refer to the product's Nutrition Facts Panel or ingredient list.

### Uses & Tips

- Canned mixed fruit is a great way to add fruit in your diet when fresh fruits are not available.
- Canned mixed fruit does not need to be cooked or heated, it can be eaten right away.
- Canned mixed fruit can be used to add sweetness to other foods. For example, it can be added to plain yogurt or oatmeal.
- Mixed fruit can be added to muffins, quick breads, and other baked goods to add flavor and additional nutrients.

### MyPlate Facts

- Fiber from whole fruit helps keep your heart healthy and helps to reduce cholesterol.
- Fiber is important for bowel function and helps prevent constipation. Eating a diet full of fruits and vegetables may reduce the risk for heart disease and may also help prevent some cancers.
- Swap high-calorie foods such as chips and baked goods with a low calorie food like fruit. Making this swap often helps to maintain a healthy weight.

### Storing Foods at Home

- Store unopened canned mixed fruit in a cool, clean, and dry place.
- After opening, take any unused mixed fruit out of the can and store it in a tightly covered container in the refrigerator.



**GOLDEN**  
HARVEST FOOD BANK



## Easy Fruit Salad

Makes 4 servings

Ingredients:

- 1 can mixed fruit, unsweetened
- 1 can pineapple chunks, canned in juice
- 1 red apple
- 1 orange
- 1 container (8 ounces) vanilla yogurt, low-fat
- 1 tablespoon honey

Directions: Wash hands with soap and water.

1. Open the cans of mixed fruit and pineapple with the can opener. Pour both cans into the colander over a bowl to drain.
2. Using a knife, cut the apple into 4 sections and remove the core and seeds.
3. Wash and peel the orange and separate the orange segments. Cut each segment in half and remove all the seeds.
4. Put the yogurt and honey in the mixing bowl. Stir with the spoon until mixed. Add the drained fruit, pineapple, apple, and orange. Stir with the spoon until mixed.
5. Serve cold.

## Slow Cooker Sweet and Sour Pork

Makes 6 servings

Ingredients:

- 2 pounds boneless pork shoulder roast, trimmed and cut into 1-inch pieces
- 2 red or green bell pepper, chopped
- 1 large onion, chopped
- 1 can mixed fruit
- $\frac{1}{3}$  cup cider vinegar
- $\frac{1}{4}$  cup soy sauce
- 3 tablespoons ketchup
- 3 cloves garlic, minced
- Brown rice (optional)
- Toasted sesame seeds (optional)

Directions: Wash hands with soap and water.

1. Coat a large skillet with non-stick cooking spray. Heat skillet over medium-high heat. Brown meat in a hot skillet and transfer it to a 4-quart slow cooker. Top meat with bell peppers and onion.
2. Drain mixed fruit, reserving syrup. Cover fruit and refrigerate until needed. Combine reserved syrup, vinegar, soy sauce, ketchup, and garlic in a small bowl. Pour over meat and vegetables in slow cooker.
3. Cover and cook 8 -10 hours on LOW or 4 -4 $\frac{1}{2}$  hours on HIGH. Stir in fruit cocktail. Serve pork over hot cooked brown rice and sprinkle with sesame seeds, if desired.