Spend Smart, Eat Smart: Fruits

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Check your $-saving skills:

1. Which of the following is the best buy for a sack lunch?
   a. A 4-pound bag of apples @ $5.50 (11 apples)
   b. 4 pounds of apples @ $1.69 per pound (8 apples)
   c. Snack pack of fruit @ $1.99 (4 4-ounce containers)

2. Which of these is the best buy?
   a. 12-ounce can of frozen juice concentrate @ $1.69 (makes 6 cups)
   b. 64-ounce bottle of 100% juice @ $3.69 (8 cups)
   c. 10 boxes of Hi-C® fruit drink @ $2.59 (8 cups)

3. How could you use fruit that is overripe?
   a. Make a smoothie
   b. Freeze it to make smoothies, muffins, quick breads, pancakes
   c. Add it to muffins or pancakes
   d. All of the above

4. What would it cost for a single person to buy enough fruit to meet the MyPlate recommendations for a week? (Refer to chart on next page.)
   a. $4
   b. $6
   c. $8

5. All fruits and vegetables should be washed immediately after purchase.
   a. Yes
   b. No

(Answers on next page)

No endorsement of mentioned products or firms is intended nor is criticism implied of those not mentioned.

All prices in this publication were collected in central Iowa, Spring 2012. Although prices vary depending on date and location, the comparative differences generally follow a similar pattern.
Spend Smart: guard your fruit investment

Check before you buy
- Hold the bag or carton up and look at the bottom for smashed or moldy fruit. The packaging should protect the product.

Treat with care at home
- Use fresh items first; have an immediate plan for using fresh berries and cherries, which can spoil quickly.
- Wash fruit under clean, running water and drain.
- Do not wash berries or cherries until ready to use.
- Most fruit will keep a week when refrigerated, but quality declines over time.

Monitor supplies
- Cut up blemished or damaged fruit for salads or snack cups.
- Freeze fruit if it will not be eaten immediately.
- Write purchase date on canned and frozen packages and use the oldest ones first.
- Add nearly-too-ripe fruit to yogurt or use in smoothies, muffins, cobblers, or crisps.

Spend Smart: what can you buy for a dollar?

A common misconception is that “fruit is too expensive.” The truth depends on how foods are compared. When you consider nutrition as well as cost, fruit is a bargain—and makes a great choice for snacks and desserts.

<table>
<thead>
<tr>
<th>Food</th>
<th>Servings/Unit</th>
<th>Cost</th>
<th>What you can buy for about $1.00</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apples</td>
<td>3 medium per pound</td>
<td>$1.69 per pound</td>
<td>2 apples</td>
</tr>
<tr>
<td>Bananas</td>
<td>3 medium per pound</td>
<td>$.59 per pound</td>
<td>5 bananas</td>
</tr>
<tr>
<td>Grapes</td>
<td>3 cups per pound</td>
<td>$2.68 per pound</td>
<td>1 cup grapes $.89/cup</td>
</tr>
<tr>
<td>Kiwis</td>
<td>5 per pound</td>
<td>3 for $1.00</td>
<td>3 kiwis</td>
</tr>
<tr>
<td>Oranges</td>
<td>3 medium per pound</td>
<td>3 for $1.00</td>
<td>3 oranges</td>
</tr>
<tr>
<td>Pears</td>
<td>3 medium per pound</td>
<td>$1.68 per pound</td>
<td>2 pears</td>
</tr>
<tr>
<td>Orange juice</td>
<td>6 cups per 12-ounce can of concentrate</td>
<td>$1.69</td>
<td>3 cups</td>
</tr>
<tr>
<td>Raisins</td>
<td>15-ounce box (2 ½ cups)</td>
<td>$2.69</td>
<td>1 cup (2 servings)</td>
</tr>
<tr>
<td>Candy bar</td>
<td>1 2.07 oz bar</td>
<td>$.77</td>
<td>1 ¼ bars</td>
</tr>
<tr>
<td>Chips</td>
<td>Pringles® 6.38 ounces</td>
<td>$1.69</td>
<td>¾ canister</td>
</tr>
</tbody>
</table>

Facts about organics
- Generally cost more than conventionally produced foods
- Research* has not proven that organic fruits are nutritionally superior
*American Dietetic Association, Institute for Food Technologists, U.S. Department of Agriculture

Answers: Check your $-saving skills
1. The best buy from least to most expensive: 4-pound bag of apples cost $.50 each, larger apples sold by the pound ($.85 each). The snack pack is $.50 per container, but you would need 2 for a cup serving ($1.00 each).
2. Juice concentrate is the best buy ($.28 per cup) compared to bottled juice ($.46). Drink boxes are not 100% juice.
3. All answers are good uses of overripe fruit.
4. About $4 would buy the needed 14 cups of fruit (2 cups a day)—such as: 5 bananas, 3 kiwis, 5 cups 100% juice, 1 orange.
5. No. Some, such as apples and grapes, can be washed right away. Others, such as berries and other high moisture, softer fruit, should be washed just before using.

Visit these websites for more ideas
ISU Extension and Outreach
SpendSmart EatSmart
www.extension.iastate.edu/foodsavings

ISU AnswerLine
www.extension.iastate.edu/families/answorline
(or, call 1-800-262-3804)

ISU Extension and Outreach
Nutrition and Health
www.extension.iastate.edu/healthnutrition

ISU Extension and Outreach
Online Store
store.extension.iastate.edu

Choose MyPlate
http://www.choosemyplate.gov/

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www.extension.iastate.edu/foodsavings