

Sweet Summer Fruit From Chile

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(NAPSA)—There are more than 300 kinds of fruits and vegetables in an average supermarket's produce department. Thanks to



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global commerce this incredible variety is not bound by seasonal availability. Peaches, plums, nectarines and apricots, once a sure sign of summer, now appear next to the traditional fruits of winter. These "stone fruits" come from Chile where the summer growing season is November thru April.

Sweet and juicy, Chilean peaches, plums, nectarines and apricots are a delicious way to get the health benefits of eating more fruit. There is overwhelming evidence that eating more fruits and vegetables can substantially reduce the risk of cancer, heart disease, stroke and high blood pressure. The antioxidants in fruits and vegetables are one of the reasons they exert such powerful protection against disease. Vitamins A and C, both of which are found in stone fruits, are antioxidants.

Another disease-protecting factor is a huge group of plant substances called phytonutrients. Many of them have been identified—some in stone fruits—but there are hundreds more. More research is being done to identify and better understand how phytonutrients help keep us healthy.

There is also growing evidence that it is the interaction of nutrients in foods that helps prevent disease, more than the isolated effect of any single nutrient. What we know now is that eating greater amounts and a wider variety of fruits and vegetables can help keep us healthy. The most recent (2000) Dietary Guidelines make the following recommendations:

Servings Per Day		
Food Group	Fruits	Vegetables
Children ages 2 to 6 years, women, some older adults	2	3
Older children, teen girls, active women, most men	3	4
Teen boys, active men	4	5



Only 24 percent of Americans eat the minimum number of servings of fruit a day. We can do better with the help of sweet, summer fruits from Chile. Try this fruit tart for a delicious winter-time dessert.

Fruit Tart

- 60 (15 sheets) low fat, cinnamon graham crackers, crushed
- 2 Tbsp. margarine, melted
- 1 pkg. sugar free instant vanilla pudding (0.8oz)
- 1½ cups nonfat milk
- 2 apricots
- 2 plums
- 2 nectarines
- 2 peaches
- 3 Tbsp. all-fruit jam, melted

Mix crumbs with margarine and press into bottom and slightly up sides of removable-bottom 9-inch tart pan. Bake at 375° for 6 minutes or until crisp. Cool. Beat pudding mix with milk until set and turn into tart pan. Arrange sliced fruit on top of filling and brush jam over cut surfaces of fruit to glaze. Chill until ready to serve. Makes 6 servings.

Nutrients per serving: Calories 304; Protein 6g; Fat 6g; Calories from Fat 18%; Carbohydrate 57g; Cholesterol 1mg; Fiber 3g; Sodium 319mg.

For more information on Chilean Fresh Fruit and industry practices visit www.cffa.org. Additional information on 5 A Day and stone fruits can be found at www.5aday.com and www.aboutproduce.com.