



Fruit Salad

Servings: 6

Serving Size: 1/2 cup

Ingredients:

1 (8 ounce) can fruit cocktail, in 100% juice, drained

1 (8 ounce) can pineapple, in 100% juice, drained

1 apple, washed and chopped

1 medium banana, sliced

Topping:

1/2 cup plain or vanilla low-fat yogurt

Pinch cinnamon

Pinch nutmeg

Directions:

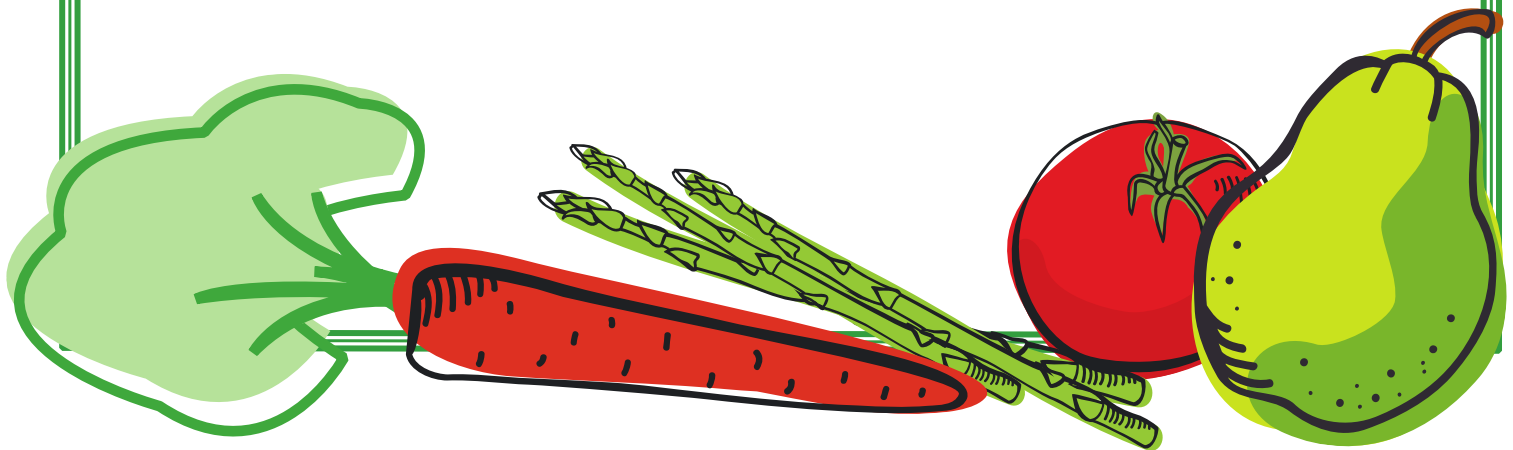
1. Mix fruit cocktail, pineapple, apple, and banana in a medium sized bowl.
2. Mix low-fat yogurt, cinnamon and nutmeg.
3. Serve fruit salad topped with low-fat yogurt.
4. Refrigerate leftovers.

Nutrition Facts	
Serving Size 1/2 cup (146g)	
Servings Per Container 6	
Amount Per Serving	
Calories 70	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 18g	6%
Dietary Fiber 2g	8%
Sugars 14g	
Protein 2g	
Vitamin A 2%	• Vitamin C 10%
Calcium 4%	• 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



For more recipes: www.eatsmart.umd.edu

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