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NUTRITION AND YOU...NECTARINES

FOOD FOR THOUGHT

Nectarines come in over 100 different varieties and they are often confused with peaches. Nectarines are different from peaches simply because they do not have a fuzzy outside. Nectarines make an excellent addition to yogurt and salads, and they make a delicious, juicy snack on a hot summer day!

SHOP SMART

Nectarines are available in stores for most of the summer, but they are at their best in July and August. When you buy nectarines, look for bright, well-rounded fruit that smells sweet. Avoid nectarines that are rock-hard or green, as they will not ripen. Pass up fruits that are mushy or have wrinkled skin.

EAT HEALTHY

Nectarines are:

- High in Vitamin C
- Good source of dietary fiber.



Note: 1 large (2¾" diameter) nectarine or 1 cup sliced/dices nectarine is equivalent to 1 cup of your daily fruit requirement.

KEEP IT SAFE

These food safety tips will help protect you and your family:

- Wash hands for 20 seconds with warm water and soap before and after preparing food.
- Wash nectarines under cool, running water before eating or cutting them.
- Nectarines will stay fresh for three to five days in the refrigerator.

Your Local Story here:

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THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

COLLEGE OF EDUCATION AND
HUMAN ECOLOGY

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RECIPE

Pocket Fruit Pies

Ingredients:

- 4 (8 in.) flour tortillas
- 2 medium nectarines, peaches, pears, or apples
- ¼ tsp. ground cinnamon
- 2 tbsp. brown sugar
- 1/8 tsp. ground nutmeg
- 2 tbsp. low-fat milk
- ½ tsp. sugar to sprinkle (optional)

Instructions:

1. Warm tortillas in microwave for 20-30 seconds or wrap in foil and bake at 300°F for 10 minutes to make them easier to handle.
2. Peel and chop fruit into pieces.
3. Place ¼ of the fruit on half of each tortilla.
4. In a small bowl, stir together brown sugar, cinnamon, and nutmeg. Sprinkle over fruit.
5. Roll up the tortillas, starting at the end with the fruit.
6. Place on an un-greased baking sheet and make small slashes to allow steam to escape.

Nutrition Facts – Pocket Fruit Pies

Cost: Per Recipe: \$ 1.37 Per Serving: \$ 0.34

Serving Size: 1 fruit pie, ¼ recipe (117 g)

Calories: 210 Calories from Fat: 35

Per Serving	% Daily Value*	
Total Fat – 4 g	6%	*Percent daily value Based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.
Saturated Fat – 1 g	5%	
Dietary Fiber – 3 g	12%	
Sodium – 320 mg	13%	
Sugars – 2 g		
Protein – 4 g		

Brush with milk and sprinkle with additional sugar, if desired.

7. Bake at 350°F in over for 8-12 minutes or until lightly browned.
8. Serve warm or cool.

FOCUS ON FITNESS

Take the dog or children for a walk!

REMEMBER:

Don't forget the fiber! Make most of your fruit choices whole or cut-up fruit rather than juice, because of the benefits provided by fiber- especially in those fruits with an edible skin like nectarines.

REFERENCES

- United States Department of Agriculture, ChooseMyPlate
choosemyplate.gov/
- Centers for Disease Control and Prevention
fruitsandveggiesmatter.gov/health_professionals/food_safety.html
- The Wellness Encyclopedia of Food and Nutrition, The University of California at Berkeley, 1992
- United States Department of Agriculture, SNAP-Ed Connection

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