The Michigan Harvest of the Month™ featured fruit is apples.

Healthy Serving Ideas
- Freeze 100% apple juice in an ice tray or in a paper cup with a popsicle stick. Serve as a snack or dessert.
- Use unsweetened applesauce to make lower fat baked goods. Replace shortening or oils in baking with an equal amount of applesauce plus one-third of the oil called for in the recipe.

Nutrition Facts
- Serving Size: ½ cup apples, sliced (55g)
- Calories: 28
- Calories from Fat: 0
- % Daily Value
  - Total Fat: 0g (0%)
  - Saturated Fat: 0g (0%)
  - Trans Fat: 0g (0%)
  - Cholesterol: 0mg (0%)
  - Sodium: 1mg (0%)
  - Total Carbohydrate: 8g (3%)
  - Dietary Fiber: 1g (5%)
  - Sugars: 6g
  - Protein: 0g

How Much Do I Need?
- A ½ cup of sliced apples is about one cupped handful. This is about the size of half of a small apple.
- A ½ cup of sliced apples is a source of fiber.
- Fiber helps you feel full, helps keep your blood sugar level normal, and helps to avoid constipation. It is found only in plant foods.
- Fruits and vegetables are an important part of an overall healthy, balanced diet. Go to www.choosemyplate.gov to learn about the other food groups.
- Discuss with your child what your favorite fruits or vegetables are, why you like them, and your favorite ways to eat them.

The amount of fruits and vegetables you need depends on your age, gender, and how active you are every day. Look at the chart below to find out how many cups of fruits and vegetables you and your family need every day.

Recommended Daily Amount of Fruits and Vegetables*

<table>
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<tr>
<th></th>
<th>Kids, Ages 5–12</th>
<th>Teens and Adults, Ages 13 and up</th>
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</thead>
<tbody>
<tr>
<td>Males</td>
<td>2½–5 cups per day</td>
<td>4½–6½ cups per day</td>
</tr>
<tr>
<td>Females</td>
<td>2½–5 cups per day</td>
<td>3½–5 cups per day</td>
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</tbody>
</table>

*If you are active, eat the higher number of cups per day. Visit www.choosemyplate.gov to learn more.

Produce Tips
- Look for apples that are firm and do not have bruises or soft spots.
- Store apples at room temperature for up to one week. Or, refrigerate apples for up to three months. Do not refrigerate apples in closed bags.
- To keep apples from browning, prepare fresh apple dishes just before serving. Or, pour 100% apple juice over fresh apple slices.

Let’s Get Physical!
- Instead of turning on the television or reading the paper first thing on Saturday morning, take a quick walk. While walking, talk about what happened during your week.
- Rake leaves or shovel snow together.
- Check with the local humane society and see if you can take a dog for a walk.

For more ideas, visit: www.kidnetetic.com