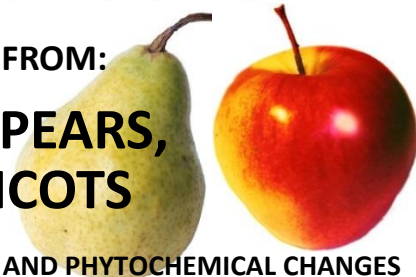


This group of fruits is commonly known for high levels of vitamin C and fiber. One serving provides about 10% of the daily value for vitamin C. An apple or pear contains about 20% daily value for fiber for adults, while a peach or two apricots or two plums provide about 10% of the daily value for fiber. Apricots are also rich in vitamin A and carotenoids. These fruits also contain phenolic compounds known as quercetin, with strong antioxidant properties. Red apples contain the largest amount of quercetin, with lesser amounts in yellow and green apples, peaches, pears and plums.

Farm to Health Series

MAXIMIZE YOUR NUTRIENTS FROM:

APPLES, PEACHES, PEARS, PLUMS AND APRICOTS



NUTRIENT AND PHYTOCHEMICAL CHANGES

Fresh, ripe fruits in this category should be refrigerated. The majority of all nutrients & phytochemicals are found in the skin of fruits, so it is best to consume these fruits without peeling. Except for apples, vitamin C declines in these fruits during fresh storage. If they will be canned or frozen, this should be done soon after harvesting.

	Vitamin C	Vitamin A	Fiber	Phenolics
Fresh storage:				
Room temperature	↓	=	=	=
Refrigerated	=	=	=	=
Cooking methods:				
Boiled & drained	↓↓	=	=	↓
Baked	↓	=	=	↓
Canned:				
Syrup from can drained	↓	=	=	↓
Syrup from can retained	=	=	=	=
During storage	=	=	=	=
Frozen	=	=	=	=
Dried	↓↓	↓↓	=	↓↓

↓: decrease, ↓↓: large decrease, =: no change, ↑: increase, ↑↑: large increase

HOW THEY IMPROVE HEALTH

- Quercetin works as an antioxidant as well as an anti-inflammatory, and has been associated with overall lung health.
- Fruits high in fiber may be linked to reduced risk of colorectal cancers, cardiovascular disease, and type II diabetes, and better weight management.

Recipe Ideas to Maximize Nutrients and Phytochemicals



(Photo reprinted with permission from the American Institute for Cancer Research, www.aicr.org)

Most nutrients are in the peel so it is best to eat unpeeled, fresh fruits:

- Spread apples with peanut butter for extra protein.
- Make a fruit quesadilla with a whole wheat tortilla, low fat cream cheese, a sprinkle of cinnamon, and sliced apples, pears, peaches, apricots, and/or plums.
- Dip slices into low fat vanilla yogurt.
- Dice fruits and mix into a fruit salad. Sprinkle with granola for extra fiber and crunch.
- Cook into a crisp by slicing and topping with a blend of oats, flour, sugar, margarine, cinnamon and nutmeg.
- Slice thinly and add to a green salad.

If fruit cannot be eaten soon after harvest, canning and freezing are good options:

Frozen

- Use in a smoothie, along with frozen banana, avocado, frozen berries, low fat yogurt, tofu. Add water, milk or juice to achieve desired consistency.
- Thaw overnight in the refrigerator and serve over low fat cottage cheese, yogurt, or granola.

Canned

 – always retain the juice to maximize nutrient levels

- Used drained juice to make a sauce by cooking with cornstarch and a little sugar if desired.
- Incorporate drained juice into a smoothie (as above).
- Use drained juice along with water to cook oatmeal, then top with drained fruit.



For more information or how to maximize nutrients in other fruits and vegetables, see <http://localfoods.osu.edu/maximizenuitrients>.

OTHER FOOD SOURCES OF KEY NUTRIENTS AND PHYTOCHEMICALS:

Quercetin

Red onions

Red/black grapes

Fiber

Raspberries

Cruciferous vegetables

Avocado

This information is not meant to diagnose, treat, cure, or prevent any disease. This project is made possible by funding through OSU CARES - an initiative of OSU Extension and the OSU to expand faculty, staff and student partnerships with communities throughout Ohio.



Wexner Medical Center

