

Farm to Health Series



MAXIMIZE YOUR NUTRIENTS FROM:

APPLES, PEACHES, PEARS,
PLUMS AND APRICOTS

Recipe
ideas on
back!

Apples, peaches, pears, plums and apricots contain nutrients such as vitamin C, fiber and vitamin A:

- One serving has nearly 10% daily value (DV) of vitamin C.
- 1 apple or 1 pear contains about 20% DV of fiber, while 1 peach, 2 apricots or 2 plums provide about 10% DV of fiber.
- Apricots contain 13% DV of vitamin A.

These fruits also have the antioxidant quercetin. Red apples contain the most quercetin, with lesser amounts in other apples and fruits.

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, type II diabetes, and better weight management.

NUTRIENT AND PHYTONUTRIENT CHANGES

- Fresh, ripe fruits in this category should be refrigerated. This helps to maintain the vitamin C.
- Many of the nutrients and phytonutrients are found in the skin of fruits, so it is best to consume with the peel still on.
- For highest nutrient and phytonutrient levels, it is best to consume these fruits fresh or frozen. Nutrients are maintained well during frozen storage.
- If you wish to cook these fruits, baking maintains higher nutrient levels than boiling and draining.
- If eating canned fruits, be sure to consume the canning liquid as well. It is better to can in juice than in syrup.
- Dried fruits have significant losses of vitamins A and C as well as quercetin; other preservation methods are better.

Recipe Ideas to Maximize Nutrients and Phytonutrients

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.
- 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, and 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.

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.



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

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OTHER FOOD SOURCES OF KEY NUTRIENTS AND PHYTONUTRIENTS:

Quercetin

Red onions

Red/black grapes

Fiber

Raspberries

Cruciferous vegetables

Avocado



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