



FEDERAL OCCUPATIONAL HEALTH

Improving the health, safety, and productivity of our Federal employees.



Fruit Salad*

Recipe Summary:

Preparation Time: 20 minutes
Number of Servings: 4
Cups of Fruits and Vegetables Per Person: 0.50

Ingredients:

- 1/2 cup sliced banana
- 1/2 cup chopped apple
- 1/2 cup chopped papaya
- 1/2 cup grapes
- 1/2 cup orange juice

Directions:

In a medium bowl, mix all ingredients. Serve.

Nutrition Facts	
Fruit Salad	
Serving Size 1/4 of recipe	
Amount Per Serving	
Calories 60	Calories from Fat 0
% Daily Value (DV)*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 15g	5%
Dietary Fiber 1g	4%
Sugars 11g	
Protein 1g	
Vitamin A	6%
Vitamin C	50%
Calcium	2%
Iron	2%
* Percent Daily Values are based on a 2,000 calorie diet.	

Diabetic Exchange**

Fruit: 1
Vegetables: 0
Meat: 0
Milk: 0
Fat: 0
Carbs: 0
Other: 0

** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included.

* From the government's Fruits and Veggies More Matters campaign Web site (<http://www.fruitsandveggiesmatter.gov/>)