



UNIVERSITY of CALIFORNIA

Agriculture & Natural Resources



COOPERATIVE EXTENSION \approx PLACER & NEVADA COUNTIES

PLACER: 11477 E Avenue • Auburn, CA 95603

Tel: (530) 889-7385

Fax: (530) 889-7397

E-Mail: ceplacer@ucdavis.edu

NEVADA: 255 So. Auburn Street • Grass Valley, CA 95945

Tel: (530) 273-4563

Fax: (530) 273-4769

E-Mail: cenevada@ucdavis.edu

WEB SITE: ceplacervevada.ucdavis.edu

NEWS RELEASE

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For Further Information Call:
Vicky Pantels
(530) 889-7350

They're Sweet, They're Juicy...They're Great for Kids!

Berries, melons, peaches and plums...what could say summer better than the coolness of these fruits? These refreshing fruits are just perfect for a hot summer day and are a great snack for you and your young children, at-home or on-the-go.

Fruit contains a variety of beneficial compounds that help your children grow healthy:

- ? **Vitamin A**, found in apricots, grapes, melons, and peaches, is great for your children's eyesight and immune system.
- ? **Fiber** is in many fruits and helps aid in the health of the digestive system.
- ? **Vitamin C**, found in strawberries, citrus fruits and tomatoes, is needed for your children's healthy tissue development, like gums.
- ? **Lycopene**, an antioxidant found in watermelon and tomatoes may prevent cancer, heart disease and eyesight deterioration.

In addition to all of these great benefits of fruit, they are low in calories, contain little to no fat and have no added sugars (carbohydrates). A half cup of berries, contain about 8 grams of carbohydrates. A cup of melon is about 15 grams of carbohydrates. Plums, nectarines, and peaches contain about 15 to 20 grams of carbohydrates and apricots are even lower!

Some fruits grown locally this summer include apricots, grapes, melons, nectarines, peaches and plums. So, the next time your young children ask for a sweet, juicy treat, offer them some fruit; and include fruit in your family's meals. Keep in mind, some of these fruits are only around during the summer so be sure to enjoy them while you can!

Parents and childcare providers can learn more about healthy eating and great snack ideas for young children through the Nutrition BEST program at the University of California Cooperative Extension by visiting us at <http://ceplacer.ucdavis.edu/Custom%5FProgram960/> or calling us at (530)889-7350.

Sharon K. Junge
Nutrition, Family Consumer Science Advisor