



Easy Fruit Salad

Low Fat / Low Sodium
(10 1-cup servings)

Nutrition Facts

Serving Size (164g)

Servings Per Container

Amount Per Serving

Calories 100 Calories from Fat 5

% Daily Value *

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 26g 9%

Dietary Fiber 3g 12%

Sugars 20g

Protein 1g

Vitamin A 2% Vitamin C 20%

Calcium 2% Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients

6 apples, washed and sliced (leave peels on)

2 small bananas

2 cups canned pineapple, drained (reserve juice*)

1 cup grapes

***If pineapple is packed in juice, this juice can be saved (in a non-metal container) to drink.**

Instructions

1. Wash grapes and apples. Core and slice apples.
2. Drain pineapple chunks.
3. Peel and slice bananas.
4. Cut grapes in half.
5. Mix fruits together, cover and chill until ready to serve.

Note: For a firmer texture, add banana slices just before serving.

Source: Helping Hands



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