

# Daily Dining Dilemmas



TIPS FOR MINDFUL EATING IN THE MIDST  
OF TODAY'S CHAOS

**All fruits - fresh, frozen, canned or dried are good-for-you foods that can be enjoyed at any time. Some ideas about what to do with those left-over**

## **FRUITS**

- Canned fruits packed in juices contain less added sugar than fruits packed in syrup. Keep this in mind when looking at canned fruits in your pantry.
- Frozen fruit bars make a nutritious snack, especially if made with real fruit juice. Oh, don't have any-make your own with leftover juice and fruit in an ice cube tray or small dixie cups and add toothpick as your handle, if you don't have sticks.
- Add assortment of thawed frozen fruit to the top yogurt, add a little granola too. Or layer it in glasses for a pretty dessert or breakfast treat.
- Add left-over fruit and make a quick fruit crisp-especially good with that last apple.
- Have Tea? Add fruit-like grapes, berries or strawberries to you Iced Tea.
- Ripe bananas make really good Banana Bread... or add some sliced bananas to your instant pudding with vanilla wafer or two.
- Dried fruit is a great snack and makes a great trail mix along with nuts and seeds. It also can jazz up salads, pancakes or a bowl of cereal.

Adapted by Marsha Blair,

Family & Community Health Agent, Hockley County

Source: [eatright.org](http://eatright.org)

TEXAS A&M  
**AGRI LIFE**  
EXTENSION