

Fruit Salad

Preparing this salad ahead of time and storing it in the fridge makes it easy to choose fresh fruit for a quick and healthy snack! Health Canada recommends choosing 7–10 servings of Vegetables and Fruit each day.



Ingredients:

1 cup	Strawberries, sliced	250 mL
1 cup	Raspberries	250 mL
1 cup	Blackberries	250 mL
2	Peaches, skinned, pitted and sliced	2
1 cup	Pineapple, tidbits	250 mL
1 Tbsp	Zest from 1 lime	15 mL
3 Tbsp	Fresh lime juice	45 mL

Directions:

1. Gently fold together fruit, lime zest and lime juice.
2. Store in a covered container in the fridge.

Makes 10 servings (125 mL/ ½ cup/ 89 g)

Source: developed by Terry B. for Apple E-Parenting newsletter, Alberta Health Services.

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Nutrition Facts	
Per 1/10 of recipe (125 mL/ 1/2 cup/ 89 g)	
Amount	% Daily Value
Calories 40	
Fat 0 g	0 %
Saturated 0 g	0 %
+ Trans 0 g	
Cholesterol 0 mg	
Sodium 0 mg	0 %
Carbohydrate 9 g	3 %
Fibre 3 g	12 %
Sugars 6 g	
Protein 1 g	
Vitamin A	2 %
Vitamin C	50 %
Calcium	2 %
Iron	2 %

Nutrient Claim	Amount per serving
Source of fibre	3 g
Fat-free	0 g
Saturated fat-free	0 g
Sodium-free	0 mg
Low potassium	132 mg
Source of folate	14 mcg

Food Group	Food Guide servings per recipe serving
Vegetables and Fruit	1
Grain Products	0
Milk and Alternatives	0
Meat and Alternatives	0

This is a Choose Most Often recipe (Vegetables and Fruit) according to the Alberta Nutrition Guidelines.