

PLUM



Fresh Fruit & Vegetable Program

Nutrition Facts

Serving Size 2 medium (151g)

Calories 70	% Daily value
Total Fat 0g	0%
Sodium 0mg	0%
Total Carbohydrate 19g	6%
Dietary Fiber 2g	8%

Protein 1g

Health Benefits

- A good source of vitamin C which helps the body absorb iron.
- Naturally cholesterol free.
- Provides vitamin A which is good for eye sight.

DIFFERENT USES

- Cut dried plums and put them into a trail mix.
- Whole grain couscous, dried plums, apples and lemon juice: toss together for a salad.
- Build a beef and plum stew for a delicious twist.
- Can be poached, boiled, baked, grilled, pan-fried or microwaved.
- Plums are perfect for picnics, just grab and go!

FUN FACT

- Prunes are dried plums!
- Most types have flesh that is yellow or reddish and skin colors that are red, yellow, green, or purple.
- Plum trees are grown on every continent except Antarctica.
- There are two types of plum - European and Japanese.
- Plums are considered "drupes" which are fruits that have a stone pit surrounding its seed.