



PLUM-TASTIC plum

Plums belong to the stone fruit group, meaning they have a single seed protected by a pit. One small plum contains only 30 calories and is rich in fiber, vitamins A, C and potassium.

DID YOU KNOW?



- Plums can range from a deep purple to a glossy gold color.
- Prunes are the dried version of plums. They are a great snack to enjoy when fresh plums are not available.
- There are over 140 varieties of plums sold in the United States.
- Plums do not sweeten after being picked, but they do soften.
- Plums are typically available in May through early October.

WELLNESS TIP

Do some yard work! Tasks like pulling weeds, mowing the lawn, trimming the hedges and raking leaves are all very physically demanding and use a range of muscle groups.

SHOPPING, PREPARING AND STORING



- Choose plump plums with smooth skins. Avoid plums with bruises, cracks or soft spots.
- To ripen plums faster, place them in a paper bag until they are slightly softened for about 1-2 days.
- Ripe plums will keep in the refrigerator for 4-5 days.

COOKING TIPS



- Plums can be eaten fresh, dried, canned, as juice or in a jam or jelly.
- Add plum slices to your morning oatmeal, whole-grain cereal or low-fat yogurt.
- Top your favorite salad with dried plums.

PLUM PARFAIT

serves 2

- 1 cup peaches, sliced
- 1 cup plums, thinly sliced
- 1 cup low-fat vanilla yogurt
- 1/2 cup low-fat granola



1. In two glasses, layer 1/4 cup peaches, 1/4 cup plums, 1/4 cup yogurt and 2 tablespoons granola.
2. Repeat layers and serve.

Recipe adapted from What's Cooking? USDA Mixing Bowl, United States Department of Agriculture

Calories: 293; Total Fat: 4 g; Saturated Fat: 1 g; Total Carbohydrates: 57 g; Protein: 10 g; Sodium: 124 mg



CHOOSE MYPLATE!

- Make at least half your plate fruits and vegetables.
- Switch to fat-free or low-fat (1%) dairy.
- Make at least half your grains whole grains.
- Go lean with protein.



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