



## Apple Juice, 100%, Unsweetened

MyPlate Food Group: **Fruit**

USDA  
**Foods**

### Nutrition Information

- $\frac{1}{2}$  cup of 100% fruit juice counts as  $\frac{1}{2}$  cup of fruit in the ChooseMyPlate.gov Fruit group.
- Apple juice contains vitamin C. Vitamin C helps to heal cuts and wounds and keeps your gums healthy.
- For specific information about apple juice, please refer to the product's Nutrition Facts Panel or ingredient list.

### Uses and Tips

- When thirsty, reach for water first. Freeze 100% juice in ice cube trays and use frozen cubes to flavor water.
- When giving juice to children, fill half of the cup with water and the other half with juice.
- Have ready-to-go containers filled with water or healthy drinks available in the refrigerator.
- Want to cut back on soda but still want a sweet refresher? Try mixing  $\frac{1}{2}$  a glass of 100% juice with  $\frac{1}{2}$  a glass of club soda or ice cold water.

### Storing Foods at Home

- Store unopened bottles in a clean, dry, cool place.
- After opening juice, refrigerate any unused juice.
- Look at the "Best if used by" or "Best by" date on the package. The juice will taste best if used before this date.

### MyPlate Facts

- Juice should be consumed in moderation. Children should drink no more than 4 oz. of fruit juice per day.
- When possible, choose whole fruits such as canned, fresh, frozen, or dried fruits instead of juice.
- Sip smarter by choosing 100% fruit or vegetable juice, water, and other low-calorie beverages.
- 100% juice is part of the Fruit or Vegetable Group. Juice should make up less than half of the total recommended fruit or vegetable intake.



## USDA Foods

### Apple Spiced Oatmeal

*Makes 2 servings*

#### Ingredients:

- 1 apple
- 2 cups apple juice or water
- 1 cup quick cooking or old fashioned rolled oats
- ½ teaspoon salt
- ½ teaspoon cinnamon
- 1 tablespoon brown sugar
- ½ teaspoon nutmeg (optional)

#### Directions:

1. Rinse the apple, remove the core, and cut into small chunks.
2. In a saucepan, bring the apple juice or water to a boil.
3. Add the oatmeal, salt, and apple chunks.
4. Cook over medium heat for 1 minutes if using quick cooking oats or 7 to 10 minutes if using old fashioned rolled oats. Use a spoon to stir the oatmeal while cooking.
5. Remove from heat. Stir in cinnamon, brown sugar, and nutmeg, if desired.

*Recipe adapted from FoodHero.org*

### Sweet Potatoes with Apples

*Makes 8 servings*

#### Ingredients:

- 4 large sweet potatoes, scrubbed, unpeeled
- ¼ cup brown sugar, packed
- ¼ cup apple juice
- 2 teaspoons orange rind, grated (optional)
- ½ teaspoon cinnamon
- 2 large cooking apples such as Golden Delicious or Granny Smiths, peeled, sliced

#### Directions:

1. Steam or boil sweet potatoes just until tender. A fork should be able to go through the sweet potato, but it should not fall apart. Cool potatoes for 10—15 minutes.
2. Peel the sweet potatoes, cut into ½" slices.
3. Combine brown sugar, apple juice, orange rind (if using) and cinnamon in a small bowl and mix well.
4. Heat oven to 350 degrees. Spray a large baking dish with nonstick cooking spray.
5. Place ⅓ of the sweet potatoes across the bottom of the baking dish. Then top with ⅓ of the apples, and ⅓ of the brown sugar mix. Repeat layering two more times.
6. Cover and bake for 30 min or until apples are tender.

*Recipe adapted from Easy Recipes Using Common Commodity Foods*