



Cherry 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.
- Cherry apple juice contains vitamin C. Vitamin C helps to heal cuts and wounds and keeps your gums healthy.
- For specific information about cherry 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

Fruit Cooler

Makes 4 servings

Ingredients:

3 cups fruit (apples, oranges, blueberries, apricots, peaches, pears, or mixed fruit)

3 cups cherry apple juice

1 tablespoon lime juice (optional)

Directions:

1. Cut fruit into bite-sized pieces and place in a blender.
2. Add remaining ingredients. Blend until smooth.

Notes: Using frozen fruit such as frozen blueberries will make your fruit cooler thick and icy!

Recipe adapted from FoodHero.org

Slow Cooked Pork Chops over Brown Rice

Makes 8 servings

Ingredients:

4-8 pork chops

3 cups baby carrots

1 large onion, sliced

1 ½ teaspoon dried thyme leaves

½ teaspoon coarse ground black pepper

¼ teaspoon salt

1 clove garlic, minced

1 ½ cup brand and wheat flakes ready-to-eat cereal (crushed to ¾ cup)

¾ cup cherry apple juice

4 cups cooked brown rice

Directions:

1. In a large pot, layer carrots, onion, thyme, pepper, salt, and garlic. Sprinkle with cereal.
2. Top with pork and pour cherry apple juice over content in the pot.
3. Cover and bring to a boil. Reduce heat to low-medium.
4. Cook for 2 hours on the stove top.
5. Prepare the brown rice according to package directions.
6. Stir pork mixture and serve over ½ cup brown rice.

Recipe adapted from US Department of Agriculture, Center For Nutrition Policy and Promotion