



Lemon

Turn Bitter into Beneficial with the Right Ingredients!



Nutrition Tips to Increase Lemon Consumption

- Lemon juice can be used to prevent apples, pears, bananas and avocados from turning brown.
- Add a splash of lemon juice to fruit smoothies for a refreshing taste.
- Instead of serving breaded chicken, try marinating skinless chicken breasts with lemon juice and ground black pepper.
- Fresh lemon juice can be added to pies, tarts, cakes, cookies, frostings, bars, muffins, puddings, sherbet, and jams.
- Instead of using ranch dressing for a dipping sauce, whip up an easy lemon sauce that is refreshing and lower in calories. Simply combine lemon juice, lemon zest, low-fat sour cream, horseradish and salt.

Nutrition Food Activities for Children

- Allow your child to pick out lemons at the grocery store.
- Gather a variety of citrus fruits (oranges, limes, lemons, tangerines, clementines) and explain how they are similar and what makes them different. Cut them open and examine the seeds, shape and color of the flesh, and then taste them.
- During the summer encourage your child to set up a lemonade stand for family and friends. Try the homemade lemonade recipe listed below.
- Check out the following children's book at your local library.
 - *The Red Lemon* by Bob Staake

Homemade Lemonade

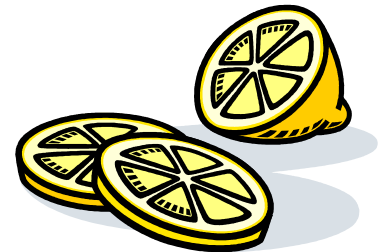
(serves 6 about 1 cup each)

Ingredients:

6 lemons, juiced (about 1 cup fresh lemon juice)
1 cup white sugar
6 cups cold water

Directions:

1. In a large pitcher combine lemon juice, sugar and water. Adjust water to taste. Chill and serve over ice.



For previous nutrition material, recipes and future nutrition kiosks visit:

<http://www.childhoodobesitycoalition.org/>

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Eat More Fruits and Vegetables!

