



POTASSIUM PASSION

passion fruit

Passion fruit is a source of nonheme iron, or plant-based iron. The vitamin C in the passion fruit helps your body absorb the iron better.

Passion fruit contains vitamins C and A as well as fiber and potassium. One raw passion fruit contains 20 percent of the recommended dietary intake of vitamin C for children ages 1-8. Potassium is important for heart health as it helps maintain a healthy blood pressure.

Did you know?

- Both the pulp and seeds are nutritious and can be eaten directly from the fruit.
- Passion fruit can vary from the size of a plum to the size of a grapefruit.
- The skin of the passion fruit is leathery and purple, and the fruit contains a yellow, jelly-like pulp packed with edible black seeds.

Shopping, Preparing and Storing

- Look for a fruit with wrinkled skin. This indicates that it is ripe.
- Refrigerate ripe passion fruit in a plastic bag for up to one week.
- To eat, cut in half and scoop out the pulp, discarding the bitter skin. The seeds are edible and contain fiber.

Cooking Tips

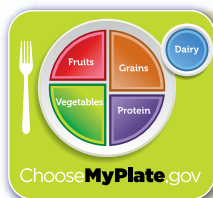
- The pulp of the passion fruit makes a great topping for low-fat yogurt.
- Passion fruit is often made into jams or jellies.
- Try adding passion fruit to plain oatmeal for a tropical twist on breakfast.

PASSION FRUIT MANGO SMOOTHIE

- 1 cup passion fruit
- 1 cup mango
- 1 cup low-fat milk
- ½ cup low-fat vanilla yogurt
- Ice cubes



1. Mix all ingredients in a blender and serve cold.



FRUITS

Make most of your choices whole or cut fruit instead of juice.

VEGETABLES

Eat a variety every day. Fresh, canned or frozen.

GRAINS

Make at least half of your grains whole grains.

DAIRY

For adults and children 2 years and older, drink 1 percent low-fat or fat-free milk.

PROTEIN

Choose lean meat, poultry without the skin, seafood, beans and peas, eggs, processed soy or nuts.