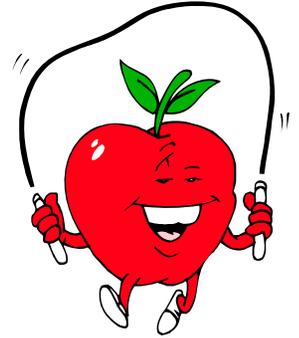


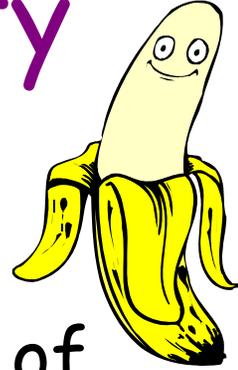
How to Maintain Nutrients In Fruit

- 🍆 Use fresh fruits at their peak of ripeness.
- 🍆 Wash fresh fruits under cool, running water just before they are peeled or stemmed.
- 🍆 When possible, serve with the skin/peel.
- 🍆 Cut fresh fruits in the largest pieces that are acceptable for serving.
- 🍆 Avoid crushing fruit during preparation.
- 🍆 Follow the recipe or directions.





How to Maintain Quality Of Fruits



- 🍆 Maintain the correct color and shape of the fruit pieces.
- 🍆 Ensure appropriate texture when served.
 - Serve fresh fruits at peak of freshness.
 - Do not over or under cook baked fruit dishes.
- 🍆 Ensure flavor typical of the main ingredients.
 - Do not overpower the main fruit flavor with other ingredients, such as spices.

