



Raisins, Unsweetened

MyPlate Food Group: **Fruit**



Nutrition Information

- $\frac{1}{2}$ cup of raisins counts as 1 cup of fruit in the ChooseMyPlate.gov Fruit group.
- Dietary fiber from raisins helps reduce cholesterol in your blood.
- Raisins are naturally low in fat, sodium, and calories. Raisins do not have cholesterol.
- For specific information about raisins, please refer to the product's Nutrition Facts Panel or ingredient list.

Uses and Tips

- Chop raisins and add them to hot cereals such as oatmeal to add flavor and texture.
- Raisins can be used as a natural sweetener in baked items such as breads and muffins.
- Raisins are ready-to-eat and do not need to be stored in the refrigerator. They are a convenient snack when you're on the go.

Storing Foods at Home

- Store unopened raisins in a clean, dry, cool place.
- After the raisins are open, tightly close and seal the bag and store in a clean, dry, cool place.

MyPlate Facts

- Fiber from fruit helps keep your heart healthy and helps to reduce cholesterol.
- Fiber is important for bowel function and helps prevent constipation.
- Eating a diet full of fruits and vegetables may reduce the risk for heart disease and may help prevent some cancers.
- Any fruit counts as part of the Fruit Group. Fruits may be fresh, canned, frozen, or dried!
- Raisins contain iron. Iron helps carry oxygen from your lungs to the rest of your body and is important for maintaining healthy blood cells.
- Fresh, canned, dried, and frozen fruit contain nutrients that are important to your health.



USDA Foods

Cuban Baked Bananas

Makes 6 servings (1 banana each)

Ingredients:

non-stick cooking oil spray, as needed
6 bananas sliced lengthwise
6 tablespoons brown sugar
4 tablespoons margarine, cut into small pieces
½ cup raisins, or other dried chopped fruit
⅓ cup pecans, chopped (optional)

Directions: Wash hands with soap and water.

1. Lightly spray or oil a 9x13-inch pan.
2. Arrange the split bananas in the pan.
3. Top evenly with brown sugar, small pieces of margarine, raisins, and pecans (optional).
4. Bake at 350° F for 30 minutes and serve immediately.

Recipe adapted from FoodHero.org

Broccoli Salad

Makes 8 servings

Ingredients:

½ cup low-fat mayonnaise
⅓ cup vinegar (rice or cider)
3 tablespoons sugar
4 cups chopped broccoli
¼ cup chopped onion
¾ cup raisins
¾ cup sunflower seeds (or any nut or seed of your choice)

Directions: Wash hands with soap and water.

1. Mix mayonnaise, vinegar, and sugar in a large bowl.
2. Add broccoli, onion, raisins, and sunflower seeds and mix well.
3. Refrigerate for at least 1 hour before serving.

Recipe adapted from EatFresh.org