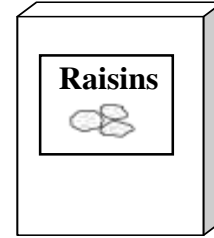


## Raisins

Although raisins are high in iron and fiber they are also high in sugar. To meet the USDA portion size at breakfast or snack a child 3 – 5 years old needs to eat 1/2 cup of raisins, which makes raisins an expensive choice.

We recommend serving raisins at lunch or supper when an additional fruit and vegetable is required.

When serving raisins for breakfast or snack we suggest serving along with another fruit to insure portion requirements are met.



*24 oz. box - cost \$2.99*

*Number of (1/2 cup) servings = 8*

<b>Serving size</b>	<b>Cost per serving</b>
1/2 cup (1 – 5 year olds)	\$.37
3/4 cup (6 – 12 year olds)	\$.56