

Healthy Lifestyles – Marshfield Area Coalition’s Top Five

Healthy Lifestyles – Marshfield Area Coalition’s goal is to promote healthy eating and active living through community educational programs and events. Coalition members bring you the “Top Five”. Check out these creative tips to jump-start your activity and increase your fruit and vegetable consumption. Enjoy!

Five fun fruits to try

Do you ever get bored of eating the same kinds of fruit? Maybe it is time to look at other unique fruits that can be found at our local grocery stores.



Pomegranates are high in vitamin C and potassium and low in calories. The beautiful red fruit is available during winter and adds its vibrant hue to a variety of recipes. But how do you eat it? Simply slice the fruit into sections, pop out the inner arils (juice-filled sacs) avoiding the white pit of the fruit, which is bitter. Rinse the arils and enjoy as they are, in recipes, as garnish or juice them.

Kumquats are small, orange fruits and they are eaten peel and all. Unlike many other fruits, the peel is sweet and the meat inside is somewhat tart, making a delicious mix in every bite. They are readily available in winter and are grown in Florida.



Mangos have a peak season of May through September. They have a slightly sweet, mellow flesh that clings to its pit so eating a mango can be a messy, but fun, adventure. Cut the meat away from its pit, then score the fruits flesh with a knife and bite off the chunks or spoon them away from the skin.

Star fruit is low in calories and fat and high in fiber and flavor. It gets its name because it is shaped like a star when cut through the center. Available July through February, there is no need to peel this green beauty. Instead, either cut it (to reveal the star shape) or take a bite!



Asian pears are firm when ripe and can be stored for months after picking. They are juicy and flavorful and often make good dessert pears. They can be canned as well. They are also known as: Chinese pear, Japanese pear, Sand, Nashi, and apple pear.

Submitted by Coalition member: Sarah Fuelleman, Marshfield Clinic

To view article visit our Web site at www.marshfieldhealthylifestyles.org.

For more information about the Coalition or to become a free member, contact the Marshfield Clinic Center for Community Outreach at 715-221-8400.