

SAISD CHILD NUTRITION SERVICES
FRESH FRUIT & VEGETABLE PROGRAM

SUGAR PLUMS



Sugar plums are high in sugar and also known as Italian plums, prune plums, and French plums. They are eaten both cooked and raw. They are a great source of potassium and help balance fluid levels in the body. They have vitamin A to maintain healthy organ functioning and vitamin C to give the immune system a boost. These plums can also be dried into a prune.

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER