



7 WAYS TO ENJOY MORE FRUIT

- 1 Make a breakfast smoothie with low-fat milk, strawberries, blueberries and banana!
- 2 Keep fresh, colorful fruit around the kitchen to have easy ready-to-eat snacks.
- 3 Get creative with your fruit! Make your own applesauce, fruit sauces for breakfast or even grilled items!
- 4 Wake up with fruit! Try to add fruit into your morning routine in your oatmeal, cereal, or even on the side.
- 5 Use fruit as a sweet treat! Choose fresh fruit as a dessert or add it to low-fat frozen yogurt.
- 6 Mix up your favorite dinner dishes and try some fun kabobs. Add pineapple, peaches or even banana and cook up on the grill.
- 7 Fruit dippers! Dip apples or strawberries in low-fat yogurt for a quick snack.

why choose fruit

- 1 Fruit is a nutrient-dense choice and they are packed with essential vitamins and minerals, such as potassium, dietary fiber, vitamin C, and folate.
- 2 Majority of fruits are low in calories, sodium, and and calories.
- 3 Due to the nutrients present in fruit, eating a diet rich in fruits can lower the risk of heart disease.
- 4 Eating certain fruits can reduce the risk of some types of cancer due to the antioxidant and anti-inflammatory properties.
- 5 Fruit is high in dietary fiber. Diets high in fiber can result in lower risks of heart disease, obesity, and type 2 diabetes.
- 6 Being lower in calories per cup, fruit is a low-calorie snack and can aid in weight control or weight loss.

