

healthy eating

Fruit.

An easy choice for good health.



As part of a healthy diet, half your plate should include fruits and vegetables. Enjoy fruits as snacks, or in salads or desserts. At breakfast, top your cereal with bananas or strawberries. Add blueberries to pancakes. Fruits that are dried, frozen, or canned (in water or 100% juice) are good choices, as well as fresh fruit. Select 100% fruit juice when choosing juice.

Eat 2 cups a day

What counts as a cup? 1 cup of raw or cooked fruit or 100% fruit juice, ½ cup of dried fruit.

Tips to help you eat more fruit

In general:

- Keep a bowl of whole fruit on the table, counter, or in the refrigerator.
- Refrigerate cut-up fruit to store for later.
- Buy fresh fruits in season when they're less expensive and full of flavor.
- Buy fruits dried, frozen or canned (in water or 100% juice), as well as fresh, so you always have a supply on hand.
- Consider convenience when shopping. Try pre-cut packages of fruit (such as melon or pineapple chunks) for a healthy snack in seconds. Choose those packaged without added sugars.

At meals:

- Top your breakfast cereal with bananas or peaches. Add blueberries to pancakes. Drink 100% orange or grapefruit juice. Or mix fresh fruit with plain fat-free or low-fat yogurt.
- For lunch, pack a tangerine, banana or grapes, or choose fruit at the salad bar. Individual containers of peaches or applesauce are easy and convenient.
- For dinner, add crushed pineapple to coleslaw, or toss some orange sections or grapes into your salad.
- Try meat dishes that incorporate fruit, such as chicken with apricots or mangoes.
- Add fruit like pineapple or peaches to kabobs when you barbecue.
- For dessert, have baked apples, pears or fruit salad.



www.choosemyplate.gov/foodgroups/fruits_tips.html

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