

10 tips

MyPyramid

Nutrition Education Series

focus on fruits

10 tips to help you eat more fruits



Eating fruit provides health benefits. People who eat more fruits and vegetables as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. Fruits provide nutrients vital for health and maintenance of your body, such as potassium, dietary fiber, vitamin C, and folate (folic acid). Most fruits are naturally low in fat, sodium, and calories. None have cholesterol. Any fruit or 100% fruit juice counts as a part of the Fruit Group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed.

1 keep visible reminders

Keep a bowl of whole fruit on the table, counter, or in the refrigerator.



2 think about taste

Buy fresh fruits in season when they may be less expensive and at their peak flavor. Add fruits for a sweet effect in a recipe.



3 think about variety

Buy fruits that are dried, frozen, and canned (in water or juice) as well as fresh, so that you always have a supply on hand.

4 don't forget the fiber

Make most of your choices whole or cut-up fruit rather than juice, for the benefits that dietary fiber provides.

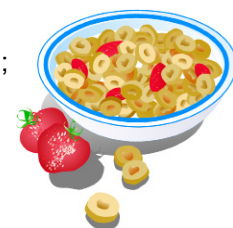


5 be a good role model

Set a good example for children by eating fruit every day with meals or as snacks.

6 try fruit at breakfast

At breakfast, top your cereal with bananas, peaches, or strawberries; add blueberries to pancakes; drink 100% orange or grapefruit juice. Or, try a fruit mixed with low-fat or fat-free yogurt.



7 try fruit at lunch

At lunch, pack a tangerine, banana, or grapes to eat, or choose fruits from a salad bar. Individual containers of fruits like peaches or applesauce are easy and convenient.

8 try fruit at dinner, too

At dinner, add crushed pineapple to coleslaw, or include mandarin oranges or grapes in a tossed salad.

9 snack on fruits

Dried fruits make great snacks. They are easy to carry and store well.



10 keep fruits safe

Wash fruits before preparing or eating them. Under clean, running water, rub fruits briskly with your hands to remove dirt and surface microorganisms. Dry after washing.

