

FOCUS ON WHOLE FRUITS

Serve More Fruit

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Keep Fruit Healthful

Fruit is naturally sweet and provides a source of natural sugar to your diet. To maintain nutrition without adding additional calories, keep the following ideas in mind:

- Decrease the amount of sugar that you add. For example, when preparing fruit dip, use plain yogurt and decrease the amount of honey or sugar you add.

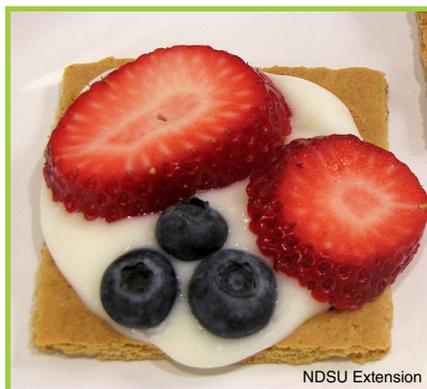
Create Your Own Delights

- Keep bowls of strawberries, grapes or melon in your refrigerator so they are ready to grab when you are craving a snack.
- Add nutritious fruit dip when you need a little more variety with your fruit. Start with low- or nonfat plain Greek yogurt and add vanilla extract, cinnamon, chocolate, peanut butter, honey or frozen juice concentrate to flavor it to your liking.
- For a party, bring a colorful tray of cut-up fruit. Create a picture or arrange the colors in a rainbow for added visual appeal.
- Slice pears or apples in half, sprinkle with cinnamon, honey and nuts and cook in an oven or microwave for a delicious treat.
- Serve a mixed-fruit salad as a side dish for a main meal. Cut up a variety of your favorite fruits, plus a fruit that is less familiar to you. Take advantage of fruits that are in season for optimal flavor and less expense.
- Turn salad into a sandwich. Serve Waldorf Salad (chopped apples, grapes, celery, walnuts, etc.) in lettuce wraps or on whole-grain bread.
- Create fun shapes. Cut fruit into fun shapes using cookie cutters and serve on kabob skewers.
- Create easy, versatile and nutritious smoothies. Blend an assortment of fruits and vegetables (spinach, carrots) for a quick breakfast or afternoon snack. Add yogurt for creaminess or juice for a tart twist.

What is the fruit recommendation for a 50-year-old woman?

- 1 cup
- 1½ cups
- 2 cups

Answer: b. Most adults and children need 1½ to 2 cups of fruit per day, but the amount varies depending on age, sex, gender and activity level. Visit www.choosemyplate.gov for more information about your personal recommendations for fruit.



Vanilla Yogurt Berry Grahams

4 graham cracker sheets
 1/2 c. low-fat vanilla yogurt
 1 c. strawberries, sliced
 1/8 c. blueberries

Break graham cracker sheets in half. On each half, top with 1 tablespoon yogurt, strawberry slices and blueberries. Serve immediately.

Makes four servings. Each serving has 45 calories, 0.5 g fat, 9 g carbohydrate, 2 g protein and 35 mg sodium.

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