



# Eat More Fruits

## **Keep visible reminders.**

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

## **Think about taste.**

Buy fresh fruits in season when they may be less expensive and at their peak flavor. Add fruits to sweeten a recipe instead of sugar.

## **Think about variety.**

Buy fruits that are dried, frozen and canned (in water or 100% juice) as well as fresh, so that you always have a supply on hand.

## **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.

## **Be a good role model.**

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

## **Include 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 fat-free or low-fat yogurt.

## **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.

## **Experiment with fruit at dinner, too.**

At dinner, add crushed pineapple to coleslaw, or include orange sections, dried cranberries, or grapes in a tossed salad. Try fruit salsa on top of fish.

## **Snack on fruits.**

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

## **Keep fruits safe.**

Rinse fruits before preparing or eating them. Under clean, running water, rub fruits briskly to remove dirt and surface microorganisms. After rinsing, dry with a clean towel.

For more information, go to [www.myplate.gov/eat-healthy/fruits](http://www.myplate.gov/eat-healthy/fruits)



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