



10 Great Ways to Increase the Amount of Fruit You and Your Family Eat

Fruit tastes so good, and is good for you too. Here are some suggestions for making sure you and your family get enough fruit every day.

1. Make it a habit to drink a glass a juice with your breakfast
2. Add cut up bananas or peaches into your cereal, or add a handful of raisins.
3. Make a fruit pizza and eat it anytime – even for breakfast! Spread fat free or low fat cream cheese onto a baked pizza crust. Add pineapple chunks with green pepper slices for a Hawaiian touch, or make a tropical pizza using kiwi slices, bananas, pineapple and mandarin oranges. Make a “Very Berry Pizza” with your favorite fruits and top with strawberries, blueberries, raspberries and/or blackberries
4. Apples baked with sugar and cinnamon are a great way to end a meal.
5. Snacks have never been easier. Give kids a soft kiwi cut in half and a spoon. They will know what to do!
6. Drink juice as a snack beverage. Try a new flavor such as white grape, grapefruit, cranberry, papaya juices, apricot or peach nectar, or mango juice.
7. Stock your refrigerator with fruit - “nature’s fast food”: washed and ready to eat.
8. Fruit salad is a nice accompaniment to any meal. Serve it with low fat whipped topping or no topping at all!
9. Add applesauce, bananas, prunes or peaches for about half of the fat in your homemade breads, muffins, pancakes and other baked foods.
10. Make trail mix with unsweetened cereal, dried fruit such as raisins, cranberries, apricots, and a few pretzels for an easy snack.

