

EAT MORE FRUIT EVERYDAY

BENEFITS OF EATING FRUIT

- Fruits are a source of many essential underconsumed nutrients including potassium, dietary fiber, vitamin C and folic acid.
- Most fruits are naturally low in fat, sodium and calories and none have cholesterol.
- Fruit rich diets decrease the risk for heart disease, heart attack and stroke.
- Fiber in fruits may reduce the risk of obesity and type 2 diabetes.
- Fruits rich in potassium may lower blood pressure and reduce the risk of developing kidney stones and bone loss.

TIPS FOR INCREASING FRUITS IN YOUR DIET

- Keep a bowl of whole fruits conveniently placed either at table or in fridge.
- Buy seasonal fruits to keep the shopping cost low.
- For breakfast, top-up cereal with fruit or have fresh fruit with fat free or low fat yoghurt.
- Add a fruit of your choice for lunch and dinner.
- Dried fruits are a good source of energy, they are easy to carry and store. Keep a few around for late afternoon hunger pangs. 1/4 cup of dry fruits is equivalent to 1/2 cup of fresh fruits.

HOW TO MAKE FRUITS MORE APPEALING

- Fruits taste great with a dip or dressing.
- Make a fruit smoothie by blending fat-free or low-fat milk or yogurt with fresh or frozen fruit.
- Make assorted fruit salads with acidic fruits or add lemon juice to prevent them from turning brown.
- Add fruits as a topping on cakes.

TIPS FOR CHILDREN

- Set an example for children by eating and loving fruit yourself.
- Give them fruit in lunch box, cut in easy bite sizes instead of junk food.
- Decorate plates or serving dishes with fruit slices.
- Involve children while buying, washing, cutting and storing fruit.
- Serve pure fruit juice instead of soft drinks.

HOW TO KEEP FRUIT SAFE

- Rinse fruits with clean running water and rub them briskly with your hands to remove dirt and germs.
- After rinsing, dry them with a clean cloth or paper towel.
- Keep fruits separate from raw meat, poultry and seafood while shopping, preparing and storing.



References:

<https://www.choosemyplate.gov>