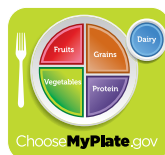


**10
tips**
Nutrition
Education Series



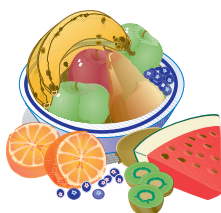
**MyPlate
MyWins**

Based on the
**Dietary
Guidelines
for Americans**

Focus on fruits

Eating fruit provides health benefits. People who eat more vegetables and fruits as part of an overall healthy eating style are likely to have a reduced risk of some chronic diseases. Fruits provide nutrients vital for health, such as potassium, dietary fiber, vitamin C, and folate. Focus on whole fruits—fresh, canned, frozen, or dried—instead of juice. The sugar naturally found in fruit does not count as added sugar.

1 **Keep visible reminders**
Keep a bowl of whole fruit on the table, counter, or in the refrigerator.



2 **Experiment with flavor**
Buy fresh fruits in season when they may be less expensive and at their peak flavor. Use fruits to sweeten a recipe instead of adding sugar.

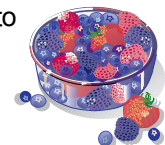
3 **Think about variety**
Buy fruits that are dried, frozen, and canned (in water or 100% juice) as well as fresh, so that you always have a supply on hand.



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 **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.

6 **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 to carry and convenient for lunch.



7 **Enjoy 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.

8 **Snack on fruits**
Fruits make great snacks. Try dried fruits mixed with nuts or whole fruits like apples. They are easy to carry and store well.

9 **Be a good role model**
Set a good example for children by eating fruit every day with meals or as snacks.

10 **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.

