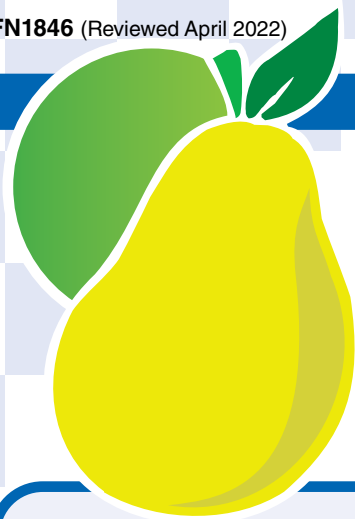


## FOCUS ON WHOLE FRUITS



# Serve More Fruit

**Julie Garden-Robinson, Ph.D., R.D., L.R.D.,** Food and Nutrition Specialist  
**Allie Benson, R.D., L.R.D.,** Program Assistant (former)

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

- a. 1 cup
- b. 1½ cups
- c. 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](http://www.choosemyplate.gov) for more information about your personal recommendations for fruit.

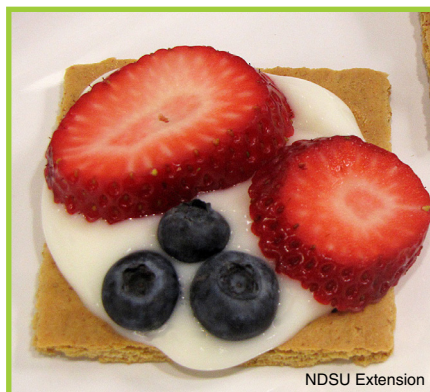
## Keep Fruit Healthful

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.



## 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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