

12 Delicious, Easy Ways to Enjoy Fruit

Fruit is a double-sweet treat. It's a delicious treat for your taste buds – and a nutrition treat for your whole body. Fruits are naturally nutrient-rich. That means they are packed with vitamins, minerals, and disease-fighting phytonutrients – and are still low in calories. To maximize the health benefits from fruit, nutrition experts suggest 2 to 3 servings per day – in a rainbow of colors. All types of fruit are nutritious – fresh, frozen, canned, and dried – so here are a dozen easy ways to treat yourself to good health!

1. **Berries, berries, berries:**

Canned blueberries in muffins, dried cranberries (craisins) in a salad, or fresh, juicy strawberries for dessert.

2. **Citrus fruit:**

Oranges, pink and white grapefruit, tangerines, tangelos, Clementines, lemons, and limes.

3. **Melons and more melons:**

Slices of watermelon, cantaloupe, honeydew, or Crenshaw – in a fruit cup or for a sweet snack.

4. **Bananas:**

Bananas, nature's fast food, come in their own wrapper – convenient to take in the car or eat at your desk.

5. **Kiwi fruit:**

Slice kiwi fruit into a mixed fruit or fresh spinach salad – or just scoop them out of their thin, brown peel.

6. **Pineapple:**

One of the most versatile fruits, pineapple is perfect fresh, canned, dried, as juice, or on a pizza!

7. **Tropical fruit:**

Fresh produce departments and canned food aisles now serve up mangoes, papaya, and star fruit.

8. **Apples and pears:**

A fresh, crisp snack, a juicy addition to green salad, and a tasty pie, tart, or cobbler for dessert.

9. **Summer tree fruit:**

Nectarines, peaches and apricots are fabulous when fresh – and still quite tasty when canned in their own juice.

10. **Plums and prunes:**

Fresh plums are another juicy taste of summer; dried or made into juice, prunes are very nice for regularity!

11. **Cherries and grapes:**

Fresh or dried, cherries and grapes make a great snack or addition to salads (mixed fruit or tossed green).

12. **Trendy tomatoes:**

Tomatoes are a fruit – and now they come in sweet, fruit-shaped cherry, grape, and strawberry varieties.

Tip from Eat Right Montana