

Enjoying FRUIT: 3 steps for success

1. Enjoy 2 to 3 servings of whole fruit every day.

Sweet, juicy, brightly colored and oh-so-good-for-you – you can't go wrong with fruit. Getting the fruit benefits that your body craves can be quick and easy. Just enjoy two to three servings of fresh, frozen, dried, or canned fruit every day.

Confused about fruit servings sizes? Not to worry – they are probably more do-able than you think. A serving equals 1 medium piece of fruit (an apple or pear), ½ cup of cut-up fruit (kiwi or pineapple), and ¼ cup dried fruit (raisins, craisins, or figs).

2. Enjoy a rainbow of tasty fruit colors.

Color is the key to great taste and good health in fruit. Brightly colored fruits are generally riper and sweeter and they also tend to have the most nutrient value. If you eat all the colors of the rainbow, you'll be getting the biggest nutrition bang per bite.

The health “magic” of fruits comes from antioxidants. These plant compounds do everything from boosting brainpower to fighting heart disease. Every fruit – from apples to watermelon – has a different, healthful mix of these powerful nutrients.

3. Enjoy fruit throughout the day.

Every time of day is the right time for fruit. Think half a grapefruit or berries in your cereal for breakfast; think a banana or pear with lunch; think baked apples or a fruit salad as a sweet dessert with dinner; and think any fruit for a refreshing snack.

A bag of dried fruit, Mother Nature's own fast food, is perfect to slip into a backpack, purse, or computer bag. Now you can even find fruit in the drive-thru lane. Check out the fruit cups and bowls at Wendy's® and the walnut fruit salad at McDonald's®.

What will you do for a healthier YOU?

- I will enjoy at least one fruit snack every day.
- I will try at least one new fruit per week.
- I will eat two different colors of fruit every day.

I will _____

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