

Ways to Increase Fruit in Your Diet
(from Stealth Health by Evelyn Tribole, MS RD)

1. Buy fresh fruit in different stages of ripeness so they are ready to eat at all times.
2. Be sure to consume the fiber and pulp whenever possible as this is where many of the health benefits are found.
3. Keep dried fruits in convenient places- desk drawer, briefcase or purse, glove compartment of your car.
4. Squeeze 2 servings of fruit into your breakfast with berries or banana on your cereal and a small glass of juice.
5. Keep canned fruit packed in juice or frozen fruit on hand for when fresh is not available.
6. Puree canned fruits such as peaches or apricots and serve over low fat ice cream, angel food cake or pancakes for a real fruit syrup.
7. Take advantage of already prepared fruit in the produce section such as pre-peeled pineapple or fruits available on a salad bar.
8. Make a fruit smoothie by blending yogurt, banana and frozen fruit of your choice.
9. When flying, request juice for your in-flight beverage.
10. Make a fruit kebab by skewering some of your favorite fruits.
11. Start dinner with a fruit bowl appetizer. Fruit will easily get gobbled up by those with hungry appetites.
12. Make fruit the dessert by layering with yogurt and cereal or graham cracker crumbs for a fruit parfait.
13. Toss fresh or dried fruits into baked items such as quick breads, scones or muffins.
14. Add fresh or dried fruit to a green salad such as mandarin oranges or dried cranberries.
15. Make a homemade trail mix using dried fruit, whole grain cereal and nuts.
16. Bake apples and other fruits with cinnamon or make a fruit compote.
17. Take a fruit platter or fruit basket to a social gathering.
18. Make sure each meal contains at least one fruit serving
19. Bring fruit to work each day for your mid-morning and mid-afternoon snacks.
- 20.
- 21.