

Make your Plate like MyPlate: Fruits

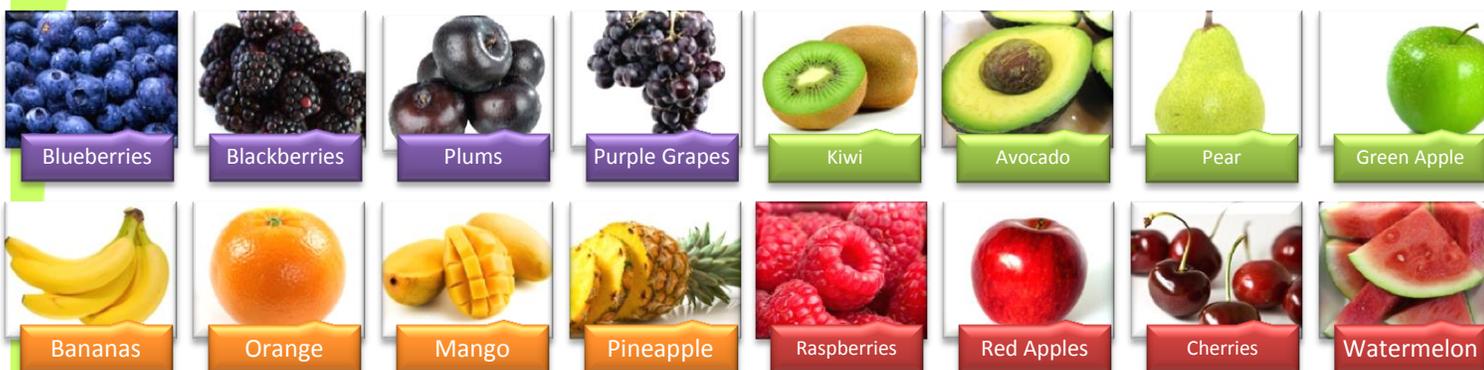
Searching for treasure? Look no further! Fruit is a “gold mine” of good nutrition!

Eating fruit as a regular part of your diet may contribute to your memory function, healthy aging, urinary tract health, vision health, strong bones and teeth, heart health, strong immune system, and lower risk of some cancers.

What are some benefits of fruit?

- Low in fat, sodium, and calories
- High in essential nutrients:
 - * Fiber: Decreases cholesterol in the blood and helps bowel function
 - * Potassium: Helps keep blood pressure at a healthy level
 - * Vitamin C: Promotes growth/repair of body tissues and helps heal cuts and wounds
 - * Folate: Forms red blood cells that are used to carry oxygen and nutrients in the body

Eating a variety of colors will lead you to the “gold” at the end of the rainbow!



Use MyPlate as a guide to calculate your daily recommended portions of fruits:

Ages 2-3: 1 cup

Ages 4-8: 1 to 1 and 1/2 cups

Ages 9-18: 1 and 1/2 cups

Ages 19 and older: 2 cups

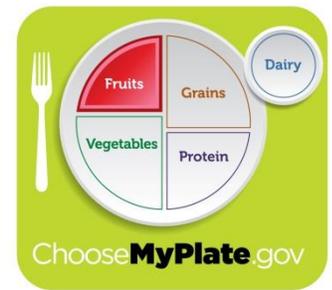
What counts as 1 cup of fruit?

Fruit	Amount
Apple	1 small
Banana	1 large, or 1 cup sliced
Grapes	32
Grapefruit and Pear	1 medium
Orange and Peach	1 large
Strawberries	8 large berries
Watermelon	1 small wedge
Dried fruit: raisins, prunes, apricots	1/2 cup

Remember to fill half your plate with fruits and vegetables at every meal!

Make your plate like MyPlate: Fruits

Add fruits to every meal!



BREAKFAST

- * Top waffles or pancakes with small pieces of fresh fruit
- * Fruit and fat free yogurt smoothie
- * Blueberry zucchini bread
- * Add fresh fruit to hot or cold cereals



LUNCH

- * Cranberry spinach salad
- * Couscous with feta and dried fruit
- * Peanut butter and banana slices sandwich
- * Add avocado slices to sandwiches
- * Feta, black beans and mango salad



SNACK

- * Fruit smoothie
- * Apple slices with almond butter
- * Fruit granola with fat free yogurt
- * Dry fruit and nuts trail mix
- * Fresh fruit and cheese



DINNER

- * Grilled chicken and pineapple kebabs
- * Carrot raisin salad served with grilled chicken
- * Spicy fruit salsa over grilled salmon



Here's a recipe for a healthy fruit dessert!

Sliced Baked Apple

Ingredients:

- 1 medium apple (Try MacIntosh or Gala)
- 1/4 tsp. ground cinnamon
- 1/2 tsp. sugar
- 2 Tbsp. water

Directions:

- Slice apple and remove core
- Put in microwave safe bowl
- Add water and sprinkle with cinnamon and sugar
- Cover with paper towel or small plate
- Microwave 5 minutes (flip apples over in bowl after 2 ½ minutes)
- Let cool and then enjoy! Try with a non-fat or low-fat vanilla Greek yogurt for a tasty dessert!

