

# The Fruit Group

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## *Fruits – How to Get 2 to 4 Servings a Day*

Fruits add nutrients, flavor and color to meals. They make great low-fat snacks and desserts. Eat 2 to 4 servings every day. Try the following ideas to get more fruit in meals and snacks.

- ✓ Put fruit in easy to reach places. Have a bowl of fresh fruit on your table. Be sure to wash fruit before eating it.
- ✓ Top hot or cold cereal, pancakes, waffles, yogurt or salads with fruit.
- ✓ Pour a glass of 100% fruit juice instead of soda or other sugary soft drinks.
- ✓ Substitute 100% fruit juice for cold water when making gelatin.
- ✓ Offer children fruit cut into bite-size pieces.
- ✓ Serve fruit with a dip such as low-fat vanilla yogurt or peanut butter.
- ✓ Freeze 100% juice in an ice cube tray or small paper cups. Children enjoy frozen fruit cubes or "fruitsicles."
- ✓ Mashed ripe fruit can be mixed with milk for a quick shake. Freeze mashed fruit until it is slightly thickened for a fruit slush.
- ✓ Add chopped or mashed fruits to quick breads, muffins and other baked goods.

What fruits did you eat yesterday (or today)? \_\_\_\_\_

What fruits could you eat tomorrow to get at least 2 to 4 servings? \_\_\_\_\_

### *One serving is:*

1 medium sized piece of fruit  
1/2 cup canned, cooked or chopped fruit  
3/4 cup juice

### *Smart Tip!*

*When you have ripe fruit you are not able to use right away, such as bananas, peel, mash and freeze them to use in quick bread or muffins later.*

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