

Health Promotion Series-Nutrition

Vol. 4

Yvonne Hampton, RD, LD

Eat 2-4 Servings of Fruit Daily

Eating fruit every day is an important way to obtain adequate fiber and nutrients your body needs to stay healthy. At the end of the day try to check back over what you have eaten to see if you have had your 2 to 4 servings, and if not, try some of the following tips.

-Add a handful of frozen or fresh berries to your oatmeal or other cereal every morning.

-Add banana slices to your peanut butter sandwich.

-Frozen, dried, canned and fresh fruits all count. Have some of all on hand for variety and backup supply when running out of fresh fruit. Fruit juice also counts if 100% juice, however keep to small 4 oz servings to prevent too much natural sugar intake.

-Fresh fruit platters make a colorful appetizer for holiday guests.

-If convenience is desired use pre-cut fruits from the produce section.



-Make a dip from low sugar yogurt or peanut butter for fresh fruits.

-In the winter, baked apples are an awesome treat. Also try some cooked fruit compotes.

-For a holiday beverage, try a “mock tail” of 100% fruit juice and sparkling water.

Here are some website links to give you more tips and ideas.

<http://www.fruitsandveggiesmorematters.org/quick-guide-to-getting-more-fruits-and-vegetables>

<http://www.fruitsandveggiesmorematters.org/what-are-phytochemicals>

<http://www.eatright.org/resource/food/planning-and-prep/snack-and-meal-ideas/go-tropical-with-super-fruits>

<http://www.eatright.org/resource/homefoodsafety/multimedia/infographics/how-to-keep-produce-fresh-longer-infographic>

<http://www.eatright.org/resource/health/wellness/heart-and-cardiovascular-health/heart-health-and-diet>

Please feel free to email me with any questions, feedback, or if you would like additional information sent to you. My email address is yhampton@ppgh.com.