The Fruit Group

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.