

## 3 Simple Ways to Increase Fruit Consumption

Fruits provide a wide variety of essential vitamins and minerals. They are also a great source of **fiber**. The daily recommendation is **2 cups** and higher for physically active individuals. So how do we increase our fruit consumption to ensure we are getting this amount?

## SPEND TIME ON PRESENTATION

Avoid serving whole, unwashed fruit.

Instead: -Wash the fruit -Cut it into easy to eat pieces -Arrange it on a plate

















## **DOESN'T HAVE TO BE SERVED ALONE**

Combine fruit with other ingredients to make snacks fun!

For Example: -fruit salad -blended fruit smoothie -fruit and yogurt parfait -fruit and dip

**ALL FRUITS COUNT** 

Fruit can be:

- -frozen
- -freshly canned
- -dried
- -in 100% fruit juice

It still counts as part of the fruit group. Don't be afraid to mix it up!



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