

12 Delicious, Easy Ways to Enjoy Fruit

Fruit is a double-sweet treat. It is a delicious treat for your taste buds and a nutritious treat for your whole body. Fruits are naturally nutrient-dense. That means they are packed with vitamins, minerals and disease-fighting phytonutrients and are still low in calories. To maximize the health benefits from fruit, nutrition experts suggest 2 to 3 servings per day - in a rainbow of colors. Fruit in any form is nutritious - fresh, frozen, canned and dried - so here are a dozen easy ways to treat yourself to good health!

Get a taste for eating smart and moving more

1. **Berries, berries, berries:** Canned blueberries in muffins; dried cranberries in a salad; or fresh, juicy strawberries for dessert.
2. **Citrus fruit:** Oranges, pink and white grapefruit, tangerines, tangelos, Clementines, lemons and limes.
3. **Melons and more melons:** Slices of watermelon, cantaloupe, honeydew or Crenshaw – in a fruit cup or for a sweet snack.
4. **Bananas:** Bananas, nature's fast food, come in their own wrapper - convenient to take in the car or eat at your desk.
5. **Kiwi fruit:** Slice kiwi fruit into a mixed fruit or fresh spinach salad or just scoop them out of their thin, brown peel with a spoon.
6. **Pineapple:** One of the most versatile fruits; pineapple is perfect fresh, canned, dried, as juice or on a pizza!
7. **Tropical fruit:** Fresh produce departments and canned food aisles now offer mangoes, papaya and star fruit.
8. **Apples and pears:** A fresh, crisp snack; a juicy addition to green salad; and in a tasty pie, tart or cobbler for dessert.
9. **Summer tree fruit:** Nectarines, peaches and apricots are fabulous when fresh and still quite tasty when canned in their own juice.
10. **Plums and prunes:** Fresh plums are another juicy taste of summer. Dried or made into juice, prunes promote regularity!
11. **Cherries and grapes:** Fresh or dried, cherries and grapes make a great snack or addition to salads (mixed fruit or tossed green).
12. **Trendy tomatoes:** Tomatoes are technically a fruit and they come in sweet, fruit-shaped cherry, grape and strawberries varieties.



Source: National Nutrition Month – March 2005
Adapted by the NC NETA Program from Eat Right Montana materials



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Funded by the USDA Food Stamp Program, an equal opportunity provider and employer, through the California Nutrition Network. The Food Stamp Program provides nutrition assistance to people with low income. Helping them buy nutritious food for a better diet. For more information about the California Food Stamp program call 1-800-952-5253.