



EXTENSION



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!

