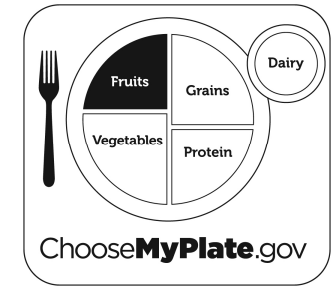


My Plate ... FRUIT

Make half your plate fruit and veggies



Include fruit at breakfast



Top your cereal with bananas. Peaches or strawberries; add berries to pancakes, drink 100% juice

Try fruit at lunch



Pack a tangerines, apple or grapes. Choose fruit on salad bars. Individual containers of peaches or applesauce are easy and convenient.

Experiment with fruit at dinner



Add crushed pineapple to coleslaw. Include orange sections, dried cranberries or strawberries in salad.

Snack on fruit



Dried fruits like raisins make great snacks. They are easy to carry and store well.

Eating fruit provides health benefits

- Fruits provide nutrients vital for health, such as potassium, fiber, vitamin C and folic acid.
- Fruits are naturally low in fat, sodium and calories.
- Fruit does not have cholesterol
- People who eat fruits and vegetables as part of an overall healthy diet are likely to reduce the risk of chronic diseases

For more information on MyPlate ... Fruit, please visit
<http://www.choosemyplate.gov/food-groups/fruits.html>

