

ADD FRUIT TO YOUR PLAN EVERY DAY!

Choose lots of your favorite fruits. Mix it up to provide a variety of antioxidants and nutrients for a healthy balance!

Fresh, frozen or canned*, they're all nutritious!
*Choose fruit in water or in it's own juice, not syrup to avoid extra sugar.

Fruit contains fiber, vitamins, minerals and antioxidants.

Antioxidants like anthocyanins, the blue, purple and red pigments in fruits are associated with reduced risk of many cancers and heart disease.

They can help reduce inflammation and fight infection, and help avoid memory loss and age-related mental decline.

Try this easy and healthy fruit dessert the whole family will love!

Frosty Berry Delight

3 cups mixed berry medley, frozen
5 oz fat free Greek yogurt (any flavor)

Blend the frozen berries with the yogurt until smooth. You can garnish with berries, a dollop of yogurt or whipped topping.

This healthy dessert can be made right before serving, or spooned into dishes and frozen in advance. If made ahead, take them out of the freezer about 10 minutes before serving, then garnish. Makes 4 servings.

Nutrition Facts (per serving):

82 calories, 4 gm fiber, 4 gm protein, 16 gm carbohydrate

Also contains: Vitamins A, C, E, copper, iron and MANY antioxidant compounds known to support good health.



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Prepare fruit ahead so it is ready to eat on short notice when you are hungry. Many stores have salad bars or containers ready to go.

Try new ones when they go on sale!

Include a cooked or raw fruit in at least two meals, plus a snack.

Baked fruit such as apples or pears are easy to prepare and use for dessert or a snack. Core, then sprinkle with cinnamon or other favorite spices (many of which have healthy components, and don't have added sugar). Bake at 350 degrees in a small pan for 30-40 min.

GET CREATIVE THIS HOLIDAY SEASON AND INCLUDE MORE FRUITS!
IT'S SIMPLE AND DELICIOUS