

Plan To Eat More Fruit

Breakfast

- Drink fruit juice such as orange juice, grape juice or grapefruit juice.
- Add fruit to cold cereal. Try sliced bananas, raspberries, kiwi fruit, blueberries, strawberries, canned peaches or fruit cocktail.
- Add applesauce, raisins and/or banana slices to a bowl of hot cereal such as oatmeal or cream of wheat cereal.
- Top pancakes and waffles with berries, canned fruit or applesauce. Add a grated apple and a dash of cinnamon to pancake or waffle batter.



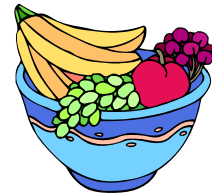
Lunch and Dinner

- Chill cans of peaches, pears or mixed fruit for lunch.
- Try a mixed fruit salad for lunch.
- Add slices of summer melon to your lunch.
- Serve applesauce or cranberry sauce as a side dish.
- Try fruit sorbet or frozen fruit yogurt for dessert.
- Eat sliced fresh fruit or berries topped with sweetened yogurt for a quick dessert.
- Drink juice instead of soft drinks with meals.



Snack Time

- Put an apple or banana in your pocket or bag for a quick snack.
- Freeze grapes for a cold snack
- Freeze pieces of your favorite fruit and process in a blender with a cup of milk for a quick fruit smoothie.
- Carry dried fruit for a quick snack.
- Have a bowl of fresh fruit on the kitchen counter for quick, easy snacking.



UNIVERSITY OF ILLINOIS
EXTENSION
FAMILY NUTRITION PROGRAM
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM

University of Illinois * United States Department of Agriculture
*** Local Extension Councils Cooperating**
University of Illinois Extension provides equal opportunities in programs and employment.
This material was funded by USDA's Food Stamp Program.