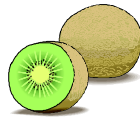
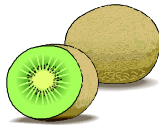


Plan To Eat More Fruit

Breakfast -- Breakfast is a good time to eat fruit.

- ♡ Drink fruit juice such as orange juice, grape juice or grapefruit juice.
- ♡ Add fruit to ready-to-eat 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 canned sliced (pie filling) apples. Add a grated apple and a dash of cinnamon to pancake or waffle batter.



Lunch and Dinner -- Dinner and lunchtime is also a great times to add fruit to meals.

- ♡ 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 book bag for a quick snack.
- ♡ Freeze grapes for a cooling snack
- ♡ Freeze pieces of your favorite fruit and process in a blender with a cup of milk for a quick fruit smoothie.
- ♡ Carry packages of dried fruit for a quick snack.
- ♡ Keep a bowl of raisins, cherries or grapes on the kitchen counter.



UNIVERSITY OF ILLINOIS
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