Eat at least 3 servings of fruit in a day

What is a serving?

- 1 cup fresh cut up fruit or whole fresh fruit about the size of a baseball
- ½ cup canned fruit
- 6 ounces of 100% juice
- ¼ cup dried fruit

For specific information on serving sizes: [http://www.choosemyplate.gov/fruit](http://www.choosemyplate.gov/fruit)

Tips for fitting in fruit

- Start your day with fruit to fit in more! Add fruit to your cereal, oatmeal, waffles or pancakes at breakfast.
- Keep fruits and vegetables in line of sight - if you see them, you will eat them! Grapes, oranges, bananas, and apples make a colorful bowl arrangement on the table. Or put a bowl of washed fruit in the center of the refrigerator, so it’s easy to grab (and enjoy cold).
- Freeze your fruit! This makes a tasty cold treat. It is also a good way to preserve fruit that is starting to get overripe or is about to go bad. Frozen fruit can also be used in smoothies or partially thawed and stirred into yogurt.
- Fruit makes a great sweet treat – as dessert or any time. Make it more interesting by dipping fruit in vanilla yogurt or nut butter; pair with goat or other mild cheese; broil, grill or bake it. See the recipes below for other tasty ideas.
- Pureed fruit can substitute for half or more of the oil in baked goods. Try applesauce, mashed banana or mango, or other soft or cooked fruit.

More tips for fruit

[http://www.choosemyplate.gov/fruits-tips](http://www.choosemyplate.gov/fruits-tips)
[http://www.choosemyplate.gov/focus-on-fruits](http://www.choosemyplate.gov/focus-on-fruits)
[http://www.fruitsandveggiesmorematters.org/fruit-nutrition-database](http://www.fruitsandveggiesmorematters.org/fruit-nutrition-database)

Find more ideas for fruit at:

Banana Sushi Bites

*Ingredients*
- 1 banana
- 1 cup small crispy cereal or crushed cereal
- peanut butter

*Directions*
- Peel a banana and remove the skin.
- Using a butter knife, spread peanut butter all over the banana, covering the entire surface.
- Pour cereal in a small plate.
- Roll the peanut buttered banana in the cereal, cut banana into sushi-sized bites and serve.

Strawberry Greek Yogurt Bark

*Ingredients*
- Greek Yogurt (plain, vanilla or other flavor as desired)
- Freeze Dried/Frozen/Fresh strawberries
- Your choice of mix-ins like nuts, granola or other fruit (optional)

*Directions*
- Line a flat pan with sides with parchment paper.
- Spread yogurt evenly in pan, about 3/8 to 1/2 inch thick.
- Sprinkle with your mix-in (fruit, granola, nuts).
- Freeze for a few hours until completely frozen (about 4 hours for an 8" square pan).
- Remove frozen yogurt from the pan and peel off the parchment paper. Break into pieces.

Apple Nachos

*Ingredients*
- 1 apple, cut into thin slices
- 2 Tablespoons smooth peanut butter, melted
- 2 Tablespoons semi-sweet chocolate chips, melted
- A handful of chocolate chips, for sprinkling

*Directions*
- Arrange apple slices on a plate.
- Drizzle melted peanut butter over apple slices with a spoon, then drizzle the melted chocolate.
- Sprinkle handful of chocolate chips on top. Serve immediately.

Fruit Spring Rolls

*Ingredients*
- Rice paper wrappers
- Finely chopped fruit (banana, strawberry, mixed berries, grapes, kiwi, etc.)

*Directions*
- Chop the fruit into small pieces
- Place 2 tablespoons of fruit into the center of the rice paper wrapper. Fold in the ends and roll up.
- If desired, dip in honey, vanilla or fruit flavored yogurt.