

STAY ACTIVE & EAT HEALTHY

Fruits are an important part of a healthy diet. This food group includes whole fruits and 100% fruit juice. Whole fruits may be fresh, canned, frozen or dried. Try to make sure at least half of the fruits you eat are whole fruits.

Tips to help you eat more fruit:



In General

- Buy fresh fruits in season when they're less expensive and full of flavor.
- Buy fruits dried, frozen or canned (without added sugar, in water or 100% juice) as well as fresh, so you always have a supply on hand.
- Consider convenience when shopping. Try pre-cut packages of fruits (such as melon or pineapple chunks) for a healthy snack in seconds. Choose those packaged without added sugars.

At Meals

- Top your oatmeal with bananas or peaches. Add blueberries to whole-grain pancakes. Or mix fresh fruit with plain fat-free or low-fat yogurt.
- For lunch, pack a tangerine, banana or grapes. Individual containers of peaches or unsweetened applesauce are easy and convenient.
- For dinner, add crushed pineapple to coleslaw or toss some orange sections or grapes into your salad.
- For dessert, have baked apples, pears or fruit salad.

Besides fruit, the optimal plate is also filled with leafy greens and vegetables. Adding a variety of colors and shapes at every meal help to lower the risk of many chronic conditions including type 2 diabetes, heart disease and some types of cancer.

- If you prefer cooked vegetables, try oven-roasting broccoli, cauliflower and Brussel sprouts; grilling zucchini and eggplant; or stir-frying leafy greens in garlic and olive oil – try kale, swiss chard, collards, rapini or spinach.
- Use avocado instead of mayonnaise in sandwiches and wraps. It's creamy, full of healthy fats and spreadable.
- If you like raw vegetables, try salads or sticks of carrots, cucumber, sweet peppers and celery with hummus or another nutritious dip.

The key is to focus on fresh produce. For additional tips on the importance of eating fruits and vegetables, explore the [U.S. Department of Agriculture](#) website.

Be well informed and tune into this webinar:

- **Keeping a Healthy Weight**

Tap into your personal motivators and consider your readiness to make a behavior change that supports weight management.

Date: Tuesday, August 25

Time: 11:30 am ET

Register: [click here](#)

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