

## 50 Ways to Eat Your Fruit

The Centers for Disease Control State Indicator Report on Fruits and Vegetables, 2009 states that only 32.8% of adults consume at least 2 servings of fruit per day *and* only 14% of adults consume at least 5 servings of fruits and vegetables per day. Five servings of fruit *and* vegetables per day are considered the minimum recommended intake by many health organizations and professionals. Visit CDC's Fruit & Vegetable Calculator which uses your age, gender and daily activity level to determine your optimal intake (<http://www.cdc.gov/nutrition/everyone/fruitsvegetables/howmany.html>).

### The Basics

**Organic or conventional?** Eating conventionally-grown fruit is far better than not eating fruit at all as the health benefits outweigh the risk of pesticide exposure. If you are interested in minimizing your exposure, use the Environmental Working Group Shopper's Guide to Pesticide in Produce to guide your choices.

<b>Dirty Dozen</b> (most contaminated) Buy organic to decrease exposure	<b>Clean Fifteen</b> (least contaminated)
Apple	Cantaloupe
Grapes	Grapefruit
Imported nectarines	Kiwi
Peaches	Mango
Strawberries	Papaya
	Pineapple

**Fresh, frozen, canned or dried/dehydrated?** Fresh seasonal sources which are grown locally and eaten soon after they are harvested will generally provide the most nutrient density. Frozen options are also good as they are often frozen shortly after harvesting. Choose frozen varieties without any added sugar or sauces. Canned fruits have been heat treated decreasing nutrients that are heat sensitive and are often preserved in a sugary solution increasing their calorie and sugar content. When buying canned fruit, look for fruit in its own juice or packed in water. Dried/dehydrated fruit can be expensive, sometimes includes added sugar and is calorie dense; buy pure sources without additional sugar and use sparingly for weight control or management of diabetes.

**Raw or cooked?** Cooking fruit can decrease heat sensitive nutrients but it can also liberate other nutrients such as lycopene in grapefruits or watermelon. Some people experience raw fruit to be more gas forming. In general, eat a variety of raw and cooked sources.

**Juice or whole?** The benefit of whole fruit is that it contains fiber, whereas, the benefit of juicing whole fruits is that it delivers extreme nutrient density that allows one to consume more nutrients than they might otherwise eat. Juicing can be a great option for nutrient density, detoxification plans or to help as a meal replacement for weight loss. Consider doing both for their special benefits.

Use the chart on the following page for inspiration and ideas on making fruit pleasing to your palette to help you reach your optimal intake for promoting health and preventing disease.

<b>50 Ways to Eat Your Fruit...</b>				
Add chopped apple or pear to salad	Blend melon for cold soup	Freeze seedless grapes solo or on a kabob for refreshing snack	Make a fruit pizza with rice cakes, pita or English muffin; cream cheese, top with fresh fruit	Freeze juice in ice cube trays, add popsicle stick when slightly firm
Freeze ripe bananas without peel and use for smoothies	Mix fruit juice with seltzer to make natural soda	Make your own fruit leathers with a food dehydrator	Fill ice cream cones with cut fruit	Combine sautéed fruit with cinnamon, honey, ricotta and vanilla; top with crunchy nuts
Add diced pineapple or mango to traditional salsa	Bake a peeled apple, drizzle with maple syrup and walnuts	Add chopped apple or pear to stuffing	Skewer cubed fruit and present as a fruit bouquet	Cut peeled banana in half, dip in chocolate and roll into nuts
Cook mixed berries into sauce/topping	Blend strawberries into vinaigrette salad dressing	Blend with yogurt or silken tofu for creamy protein-rich smoothies	Slice fruit and dry in oven without a dehydrator	Add honey, lemon juice and fresh grated ginger to fruit salad
Skewer pineapple and grill	Add dried fruit to chicken or tuna salad	Layer fruit with vanilla yogurt and angel food cake for a trifle	Slice watermelon and use a cookie cutter to cut into shapes.	Add to non-alcoholic mock-tails
Add sliced bananas to peanut butter/jelly sandwich	Add thinly sliced apples to sandwich	Make homemade lemonade or limeade	Slice apples, sprinkle with cinnamon and bake in oven	Grill peaches and use in place of tomatoes for insalata Caprese
Sprinkle dried fruit onto salad	Use all-fruit preserves for a sandwich condiment	Dip apple slices in peanut butter	Use hand-immersion blender or food processor to blend any fruit for smooth sauce or preserves	Spread all fruit preserves on squash halves before baking
Add dried fruit to favorite nut for trail mix	Cut into cube size pieces and dip in chocolate fondue	Use as a base for a sweet or savory salsa	Add chopped fruit to cottage cheese and sprinkle with nuts	Shred apples and sauté in butter and brown sugar; add to oatmeal or yogurt
Add to plain yogurt with vanilla extract and cinnamon	Blend into cream cheese	Top grilled chicken or fish with a blended fruit sauce	Peel & section oranges or clementines and dip half in chocolate	Dip washed grapes in lemon juice, coat with granulated sugar
Freeze berries in small zip bags for use in winter	Add to juice extractor with veggies for sweeter juice	Slice apples, dip in orange juice and pack for lunch	Add cut strawberries or raspberries to ice cube tray, fill with water, freeze and serve with seltzer	Grill melon, pineapple, apples, pears or peaches

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