

To add more fruit to your diet

- Start your day off right by having fruit with breakfast.
- End it the same way – fruit for dessert! Need some new ideas? Microwave an apple or pear and sprinkle with cinnamon or top low-fat ice cream with canned cherries.
- Keep a fruit bowl at your desk, on your kitchen counter or wherever you spend the most time.
- Rely on dried fruit as a portable snack that will also satisfy sweet cravings. It's great for traveling or snacking in the car and has a long shelf life. Try something different such as dried mango or papaya chunks, available in the produce department.
- Grill or broil fruit to bring out natural sweetness and add a surprising sophistication to your favorite meals.
- Expand the way you think about fruit! In addition to snacks and desserts, fruit also makes a sweet addition to meals. Add dried cranberries to chicken, turkey or pork recipes, toss grapes into chicken or tuna salad and add fresh or dried fruit to tossed green salads.
- Go exotic! Have you ever tried a pomegranate, lychee or star fruit? Break out of your fruit rut and see what you've been missing!

