3 Simple Ways to Increase Fruit Consumption

Fruits provide a wide variety of **essential vitamins and minerals**. They are also a great source of **fiber**. The daily recommendation is **2 cups** and higher for physically active individuals. So how do we increase our fruit consumption to ensure we are getting this amount?

### SPEND TIME ON PRESENTATION

Avoid serving whole, unwashed fruit.

Instead:
- Wash the fruit
- Cut it into easy to eat pieces
- Arrange it on a plate

### DOESN’T HAVE TO BE SERVED ALONE

Combine fruit with other ingredients to make snacks fun!

For Example:
- fruit salad
- blended fruit smoothie
- fruit and yogurt parfait
- fruit and dip

### ALL FRUITS COUNT

Fruit can be:
- frozen
- freshly canned
- dried
- in 100% fruit juice

It still counts as part of the fruit group. Don’t be afraid to mix it up!