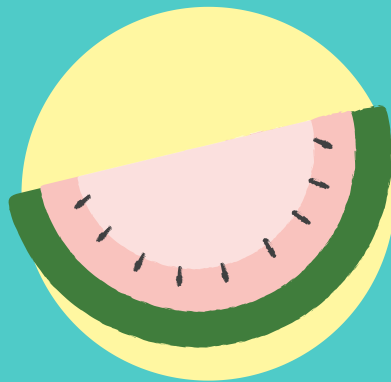


THE BENEFITS OF FRUIT



PINEAPPLE

Rich in potassium, calcium, vitamin C, beta carotene, thiamin, B6, as well as soluble and insoluble fiber.



WATERMELON

Helps prevent kidney disorders, high blood pressure, the prevention of cancer, diabetes



ORANGE

Boosts immune system function, reduce signs of aging, protect against cancer, and boost cellular repair.



LEMON

Has nourishing elements like vitamin C, vitamin B6, vitamin A, vitamin E, folate, niacin thiamin, and riboflavin.



APPLE

Helps improve digestion, prevention of stomach disorders, gallstones, constipation, liver disorders.



KIWI

An excellent source of vitamin C, vitamin A, folate, vitamin E, and vitamin K. Has antioxidant properties.

Sneaky & Tasty Ways to Add Fruit

- Apples/bananas and 2 TBS peanut butter
- Raw fruit with a handful of nuts
- Fruit and nut salad
- Plain Greek yogurt parfait with 1/3 cup granola and berries, kiwi, pineapple, or bananas
- Fruit kabobs
 - Try making the rainbow!
- Add fruit to oatmeal
- Dried fruit trail mix with nuts, dark chocolate chips, and rice chex
- Protein and fruit smoothies with milk, yogurt, and a dab of chocolate syrup
- Add berries or bananas to cereal
- Try frozen grapes
 - They taste just like Sour Patch Kids!
- Puree frozen fruit in the blender and make popsicles!
- Peanut butter and banana wraps or sandwiches on whole grain bread/tortillas

