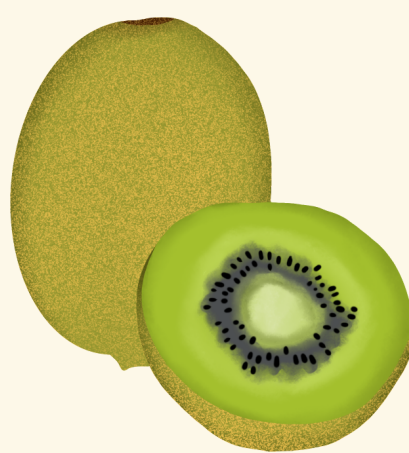


EAT MORE FRUIT USING THESE 5 SIMPLE STRATEGIES

Choose Whole Fruits

- Prioritize whole fruits over high-calorie snacks for a nutrient-rich diet.
- Whole fruits provide essential nutrients and dietary fiber, supporting gut health and aiding in weight management.

1



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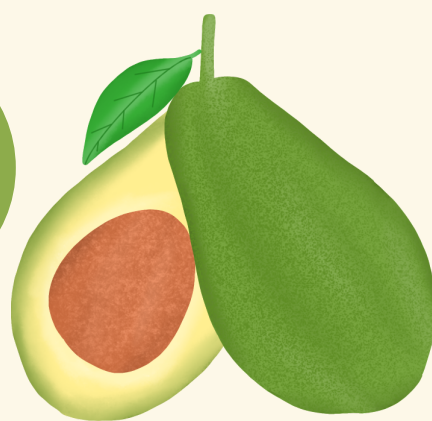
Smart Consumption

- Opt for canned fruits in water or juice to avoid added sugars commonly found in syrup.
- Exercise caution with dried fruits due to concentrated nutrients, calories, and sugar content. Be mindful of portion sizes.

Creative Incorporation

- Enhance your meals by incorporating fruits creatively.
- Mix fruits into salads, yogurt, and homemade baked goods for added flavor, nutrients, and visual appeal.

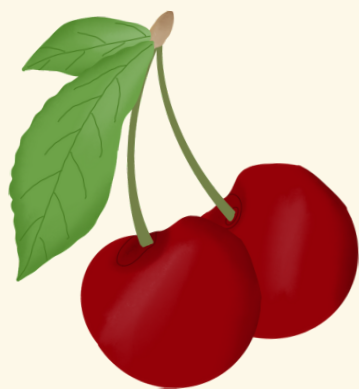
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Family Engagement

- Make fruit consumption enjoyable for the whole family.
- Organize taste tests, seed spitting contests, and involve family members in meal planning to encourage fruit consumption.



Mindful Eating and Motivation

- Chew slowly, savor flavors, and pay attention to hunger and satiety cues for a more conscious eating experience.
- Participate in the **10&10,000 Change Challenge** to motivate and track progress towards a healthier lifestyle, combining a balanced diet with physical activity.

5

Learn More

