

Focus on fruits



Fruit is a delicious, sweet treat that's packed with many nutrients including potassium, dietary fiber, vitamin C and folate (folic acid). Most fruits are naturally low in fat, sodium and calories, and they contain no cholesterol.

Make the most of your choices

Any fruit or 100 percent fruit juice counts as part of the fruit group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed. Here are some tips to help you focus on fruits in your daily eating plan:

- At breakfast, top your cereal with bananas or peaches; add blueberries to pancakes; drink 100 percent orange or grapefruit juice. Or, try a fruit mixed with low-fat or fat-free yogurt.
- At lunch, pack an orange, apple or grapes, or choose fruits from a salad bar. Individual containers of fruits like peaches or applesauce are easy and convenient.
- At dinner, add crushed pineapple to coleslaw, or include mandarin oranges or grapes in a tossed salad.
- Make a Waldorf salad, with apples, celery, walnuts and dressing.
- Try meat dishes that include fruit, such as chicken with apricots or mango chutney.
- Add fruit like pineapple or peaches to kabobs as part of a barbecue meal.
- For dessert, have baked apples, pears or a fruit salad.



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Snappy snack suggestions

Are you aware that snacks can fit into a healthy diet? Fruit is a great snack choice—eating fruit gives you a sense of fullness without adding a lot of calories. Try these calorie-conscious options:

- One cup of strawberries – about eight medium strawberries (44 calories)
- One cup of cantaloupe (60 calories)
- A medium-size apple (72 calories)
- One cup of blueberries (83 calories)
- A large orange (86 calories)
- A four-ounce snack cup of applesauce (97 calories)
- One cup of grapes – about 16 grapes (100 calories)
- A medium-size banana (105 calories)

By adding a variety of fruit to your diet, you'll reap clear benefits to help maintain a healthy body.