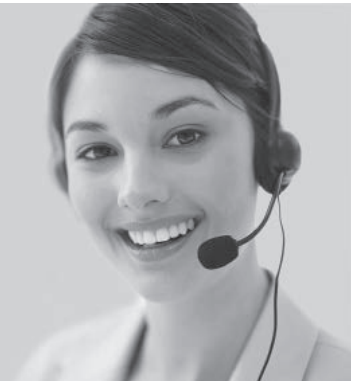


“It was great to talk with you.

Thank you for your interest in ‘Ways to Eat More Fruit.’ I hope you find this tip sheet helpful.

Please give me a call if you have more questions about this or other topics.

As your health coach, I’m ready to help in any way I can.”



Fruits taste great and are good for you! Fresh fruits are high in fiber and low in calories. They are rich in vitamins and other nutrients. Eating more fruit can help you lower your risk for cancer, type 2 diabetes, and heart disease.

Choosing fruit instead of sweet or baked goods can help you reach and stay at a healthy weight, too. Fresh fruit is rich in water and fiber, both of which contain no calories but are filling. To limit calories from added sugar and unhealthy fat, limit fruit pastries, coconut, dried fruit (limit to 1/4 cup per day), fruit drinks with added sugar, and fruit canned in syrup.

Choose a variety of fruit in bright colors. The colors are a clue to important nutrients in the fruit.

Eat whole fruit more often than fruit juice. When you drink fruit juice, limit it to 1/2 cup. Fruit juice is high in calories from natural sugars and lower in fiber than whole fruit.

Make about 1/4 of your plate fruit at every meal. Experts recommend that most adults eat 1-1/2 to 2 cups of fruit per day. It’s easy to add fruit to your meals and snacks. Check the ideas below that you would like to try.

Breakfast

- Add sliced fresh fruit or dried fruits to hot or cold cereals. Whole grain cereals are best!
- Make a smoothie. Blend 1 cup of nonfat/low-fat yogurt, 1 cup of chopped fresh or frozen fruit (such as berries or a banana), and 1/2 cup 100% fruit juice.

Lunch

- Keep a bowl of fresh fruit on your desk at work.
- Buy single-serving cans of fruit packed in juice (not syrup). Keep in your desk drawer.
- Top low-fat ricotta or cottage cheese with sliced fresh or dried fruit.



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Dinner

- Add chopped fresh or dried fruit to tossed salads and pasta salads.
- Arrange sliced fresh fruit on small plates or in dessert glasses. Add a spoonful of nonfat or low-fat Greek yogurt. Beautiful and delicious!
- Freeze berries when they are in season. Or buy bags of frozen berries and keep on hand in your freezer. Add to nonfat/low-fat yogurt for a quick dessert.
- Freeze bananas in the peel. While still frozen, peel, slice, and puree in a food processor for a smooth treat.

Snacks

- Keep a bowl of fresh fruit on your kitchen counter or dining room table.
- Spread a little peanut butter on a sliced banana, apple, or pear.
- Freeze grapes for a summer snack.
- Make fruit kabobs. Chop fresh fruit and spear on a bamboo skewer.
- Spread a rice cake with nonfat/low-fat cream cheese. Add sliced fresh or dried fruit.
- Dip fresh fruit slices into nonfat or low-fat yogurt.
- Pre-pack small bags of dried fruit and nuts. Keep portions small.



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UPMC HEALTH PLAN

Take Action

Check when completed	
<p>My SMART* Goal for This Week Do your best to reach the SMART goal you set with your health coach. Write it here. Check the box when you have completed it.</p> <hr/> <hr/>	<input type="checkbox"/>
<p>Staying on the Path to Wellness When you are ready, choose two ways to eat more fruit from this tip sheet that you would like to put into action. Set a weekly SMART goal for each one. Write your goals here. Check the boxes when you have completed them.</p> <ul style="list-style-type: none"> • SMART Goal 1: _____ _____ SMART Goal 2: _____ _____ 	<input type="checkbox"/>

*SMART goals are Specific, Measurable, Appropriate, Realistic, and Timely. For example, "On Saturday I will buy oranges and apples. On three days this week, I will pack an orange or apple in my lunch for work."

SMART goals help you succeed! If you have any trouble setting your weekly SMART goals, ask your health coach for help.

The information in this tip sheet is for educational purposes only. It is not intended or implied to be a substitute for professional medical advice. Before making changes, always talk to your doctor about what is right for you.

Source: All about the fruit group. Choose MyPlate. Available at <https://www.choosemyplate.gov/fruit>. Accessed February 10, 2017.



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