

## 12 Delicious, Easy Ways to Enjoy Fruit

Fruit is a double-sweet treat. It's a delicious treat for your taste buds and a nutrition treat for your whole body. Fruits are naturally nutrient-rich. That means they are packed with vitamins, minerals and disease-fighting phytonutrients and are still low in calories. To maximize the health benefits from fruit, nutrition experts suggest 2 to 3 servings per day – in a rainbow of colors. All types of fruit are nutritious – fresh, frozen, canned and dried – so here are a dozen easy ways to treat yourself to good health!

1. **Berries, berries, berries:** Canned blueberries in muffins, dried cranberries in a salad, or fresh, juicy strawberries for dessert.
2. **Citrus fruit:** Oranges, pink and white grapefruit, tangerines, tangelos, Clementines, lemons and limes.
3. **Melons and more melons:** Slices of watermelon, cantaloupe, honeydew or Crenshaw – in a fruit cup or for a sweet snack.
4. **Bananas:** Bananas, nature's fast food, come in their own wrapper – convenient to take in the car or eat at your desk.
5. **Kiwi fruit:** Slice kiwi fruit into a mixed fruit or fresh spinach salad or just scoop them out of their thin, brown peel.
6. **Pineapple:** One of the most versatile fruits, pineapple is perfect fresh, canned, dried, as juice or on a pizza!
7. **Tropical fruit:** Fresh produce departments and canned food aisles now serve up mangoes, papaya and star fruit.
8. **Apples and pears:** A fresh, crisp snack, a juicy addition to green salad, and in a tasty pie, tart or cobbler for dessert.
9. **Summer tree fruit:** Nectarines, peaches and apricots are fabulous when fresh and still quite tasty when canned in their own juice.
10. **Plums and prunes:** Fresh plums are another juicy taste of summer. Dried or made into juice, prunes are very nice for regularity!
11. **Cherries and grapes:** Fresh or dried, cherries and grapes make a great snack or addition to salads (mixed fruit or tossed green).
12. **Trendy tomatoes:** Tomatoes are a fruit and now they come in sweet, fruit-shaped cherry, grape and strawberry varieties.

