

Have a single serving fruit cup, like applesauce, peaches or mixed fruit.



For a snack have an apple, banana or pear.

eat whole fruits

or cut up fruits every day.

Include fruits at meals and snacks.



Mix any fruit with plain or vanilla yogurt.



Top cereal, pancakes or waffles with bananas, peaches or berries.

Have a single serving fruit cup, like applesauce, peaches or mixed fruit.



For a snack have an apple, banana or pear.

eat whole fruits

or cut up fruits every day.

Include fruits at meals and snacks.



Mix any fruit with plain or vanilla yogurt.



Top cereal, pancakes or waffles with bananas, peaches or berries.