

I successfully completed this goal.
This is what I did:

GetFIT Helpful Connections - Limit Sugar and Increase Fruit

Don't forget bags of frozen fruits packed in water or juice. Pre-cut chunks of pineapple and melon can be purchased from salad bars. Store in snack size plastic containers or bags in the refrigerator.

Look for individual serving sizes of canned fruit, applesauce, and dried fruit to add to packed lunches.

Top peanut butter sandwiches with banana or apple slices.

Sweeten a salad by adding mandarin oranges, apple slices, dried raisins or cranberries.

Add a surprise to your pudding. Place canned peaches or pears at the bottom of a small serving dish, then top with vanilla pudding.

Make a breakfast parfait by layering granola cereal, non-fat fruit flavored yogurt, and sliced bananas, kiwi, and strawberries. Make a smoothie by combining 1-cup skim milk and $\frac{1}{2}$ cup frozen strawberries in a blender.

Select fruits that are high in potassium (Coupon 14) and vary the color of fruits in your diet.

Wash fruits before eating or adding to lunches like oranges, bananas, and other skinned fruits.

For dessert, bake an apple and top with cinnamon.

Cool off with 100% frozen fruit bars.

Name _____

Date _____

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