



Fruits come packed with **vitamins, minerals, antioxidants, enzymes** and **phytochemicals**, which are absolutely essential for optimal health.



## **FIVE EASY WAYS TO EAT MORE FRUIT!**

1. Put a piece of fruit in your cereal, like a banana in plain cheerios.
2. Try berries, melons or dates for a naturally sweet dessert rather than the usual candy bar, cookie, or ice cream sandwich.
3. You could also do chocolate covered strawberries for a good healthier dessert too!
4. Frozen grapes are a great cool snack to have on a hot day.
5. Instead of having waffles or pancakes try a smoothie and a small piece of toast.