



Step 07 Get into the fruit habit

How often do you feel like a snack or get the urge for “something sweet”?

Next time, satisfy this with fruit or fruit based foods.

Eating more fruit will help you look after your weight and health.

Get into the fruit habit

Why?

- ✓ It fills you up on fewer kilojoules than other sweet foods
- ✓ It is a good source of vitamins, antioxidants and fibre

What is a serve?

- ✓ 1 serving of fruit = what fits into your palm

How much?

- ✓ 2 or more servings of fruit a day



- ✓ Go for variety – different fruits and different colours ensure you get the vitamins and antioxidants you need

Examples of a serve:



1 Orange



15 Grapes



2 Kiwifruit



1/2 can Pears in natural juice



1 tablespoon of Sultanas



3 dried Apricots

Tips for eating more fruit

Include with your meals

- Slice or stew fruit for breakfast
- Finish your lunch and dinner with a fruit
- Add to salads

Eat as a snack

- When you feel like a snack, have a piece of fruit
- Take fruit to work to avoid vending machine temptation
- Chop up for children after school



If you feel like a dessert make sure it is based on fruit



Fruit Kebabs:

Thread different coloured fruit onto kebab sticks. Occasionally add a few marshmallows. Mini sticks work well.



Fruit Ambrosia:

(made with low fat yoghurt) – mix fresh fruit with chopped nuts and marshmallows. Add low fat yoghurt (plain or flavoured) and stir through.



Sweet Nibbles:

Platter chop up seasonal fruit and arrange on a platter with other foods such as dried fruit, nuts and a yoghurt dipping sauce.

Frequently asked questions

Q. What about canned fruit?

A. This counts, as does frozen fruit. Compare labels and choose lowest sugar (lite or natural juice) varieties.

Q. What about dried fruit?

A. Dried fruit is full of fibre and vitamins but contains concentrated sugar because the water has been removed. When eating dried fruit, choose small amounts i.e. 1 tablespoon of sultanas

Q. What about fruit juice?

A. Fruit juice counts but it is high in kilojoules and easy to overconsume. It is best avoided, limit to no more than 1 small glass (150ml) a day.

Recipe: Fruit Crumble

Serves 6

Ingredients

Stewed, bottled or canned fruit - low sugar varieties where possible

Crumble topping

1 cup rolled oats

¾ cup whole meal flour

1 teaspoon cinnamon

1/3 cup brown sugar

¼ cup chopped walnuts (optional)

Up to ¼ cup trim milk

Method

Preheat oven to 180°C. Place fruit into ovenproof baking dish, cover with the topping and bake for about 20 minutes or until topping is lightly browned and crisp. Serve with low fat yoghurt or custard.

Crumble topping:

Place all ingredients except milk into a bowl, add milk very gradually and mix in. Do not add too much milk – the mixture should be moist but still crumbly.



See www.appetiteforlife.org.nz/recipes for more tasty and healthy food ideas.

My goals for including more fruit
