



Eat More Fruit

CHALLENGE
Eat 2 cups of
fruit per day

Requirements to complete this HEALTH CHALLENGE™

1. Read "Eat More Fruit."
2. Eat 2 cups of fruit on at least 22 days this month.
3. Keep a record of your completed challenge in case your organization requires documentation.



When Australian banana farmer John Landi wanted to boost sales at his roadside stand, he decided to do something a little fruity. But in 1964, there was no way he could create some buzz on social media or get a video to go viral.

So he did what any banana-minded entrepreneur would do. He built a giant 1,200-pound walk-through banana on his plantation.

And it worked. People went out of their way to see the Big Banana. Sales went up. Plantation production increased. And more people than ever were eating bananas.

Unless you live in Australia or you're planning a trip Down Under, you're probably not going to see the Big Banana in person. But you can still enjoy the many health benefits of bananas and other fruits packed with vitamins and nutrients. Take the month-long *Health Challenge to Eat More Fruit*.

Are You Eating Enough Fruit?

Probably not. Only 32.6 percent of adults in the United States eat fruit more than twice a day, according to a Centers for Disease Control and Prevention survey. Most adults should eat 2 cups of a variety of fruits per day for best health. Take a look at what you typically eat in a day to find out if you're getting enough fruit in your diet.

Take the Fruit Quiz

How much do you know about fruit and your health? Take this quiz to find out.

T F

1. Only 1 out of 3 adults eat fruit two or more times per day.
2. At 100 calories per serving, a single banana has more calories than most fresh fruits.
3. At around 25 calories per serving, cantaloupe, nectarines, and plums, contain fewer calories than most fresh fruits.
4. Eating fiber-rich fruits can improve digestion, control cholesterol, and aid in weight management.
5. Antioxidants in fruit can lower the risk for heart disease, high blood pressure, certain types of cancer, and other chronic conditions.

The U.S. Department of Agriculture recommends most adults eat 2 cups of fruit per day. But most people don't eat enough fruits *or vegetables*. Some fruits can be high in calories, but they're still a healthier snack than candy bars and potato chips. Add more fruits to your diet for better health.

Answers: 1. True. 2. True. 3. True. 4. True. 5. True.



Health Benefits of Fruit

Half your plate should be filled with fruits and vegetables. It's sound nutritional advice supported by the U.S. Department of Agriculture and the Harvard School of Public Health. That's because fruits are loaded with vitamins and nutrients. Most fruits are also naturally low in calories, fat, and sodium and are cholesterol-free. They're also a good source of water and fiber (unlike most junk foods). Adding more fruit to your diet has numerous health benefits.

Control blood pressure

Fruits like bananas, peaches, grapefruit, apricots, oranges, and cantaloupe are good sources of potassium. An American Heart Association study found that potassium-rich foods can help control blood pressure by limiting the negative effects of too much sodium.

Improve cholesterol and digestion

Dietary fiber found in fruits can help improve cholesterol levels and digestion. High-fiber fruits include blackberries, pears, apples, bananas, oranges, and strawberries. Studies

show that fiber-rich foods help remove bad cholesterol and promote a healthy bowel.

Lower the risk for heart disease

Heart disease is the leading cause of death in the United States. But it's largely preventable. Adding more fruit to your diet can help lower your risk. In a Harvard study, researchers found that eating more fruit and other plant-based foods helped lower the risk for heart disease and other chronic conditions.

Aid in weight management

About 69 percent of all U.S. adults are overweight or obese. Poor nutrition and lack of exercise are the prime reasons for this problem. Eating more fruit can help. In a study published in the *Journal of the American Dietetic Association*, researchers found that eating fruits and vegetables can aid in weight loss and help with calorie control. Just don't overdo it. Some dried fruits contain as many calories as a candy bar (250 calories), and one banana contains about 100 calories.

Be Fruitful – Add More Fruit to Your Diet

If you're in the habit of eating 2 cups of fruit per day, keep it up. If you're not, here are some ways to add more fruit to your diet:



Breakfast

- Top off a bowl of whole-grain cereal or oatmeal with peaches or berries.
- Make a fruit smoothie with low-fat yogurt, and frozen strawberries and blueberries.
- Instead of skipping breakfast, grab an apple or banana before you head out the door.

Lunch

- If you go out for lunch, make a trip through the salad bar for fresh fruit like pineapple, watermelon, or pears.
- Pack your own lunch and include an orange, grapes, or apple slices.



Dinner

- Make a salad with orange slices, dried cranberries, or grapes.
- Try a Waldorf salad recipe with apples, celery, walnuts, and a low-calorie dressing.
- Add crushed pineapple to coleslaw.

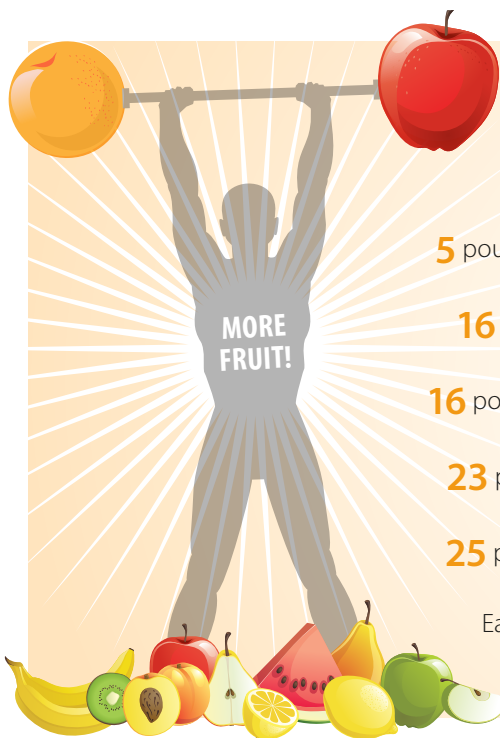
Snacks

- Take a trip to a local farmer's market to buy fresh fruit in season.
- Keep a bowl of whole fruit on the table, counter, or in the refrigerator.
- Try peanut butter on apple slices or a serving of applesauce.

Eat these 7 super fruits
tinyurl.com/5cqtpl

Guide to washing fruits
tinyurl.com/k72gzcb

Calories in fruit
tinyurl.com/ka8vypn



Fruit vs. Junk Food:

In a typical year, the average American eats:

FRUIT

- 5 pounds of strawberries
- 16 pounds of apples
- 16 pounds of watermelon
- 23 pounds of oranges
- 25 pounds of bananas

JUNK FOOD

- 12 pounds of chocolate
- 23 pounds of pizza
- 24 pounds of ice cream
- 29 pounds of French fries
- 44 gallons of soda

Eat 2 cups of fruit per day and other healthy foods.



Sources: U.S. Department of Agriculture.; Harvard School of Public Health.; Centers for Disease Control and Prevention.; American Heart Association.; Journal of the American Dietetic Association.; American Journal of Clinical Nutrition.



Eat More Fruit

CHALLENGE
Eat 2 cups of fruit per day

Instructions

1. Post this calendar where you will see it daily (bathroom, kitchen, bedroom, etc.).
2. Record the number of days you eat at least 2 cups of fruit.
3. Use the calendar to record the actions and choices you make to help eating more fruits become a regular part of your life.
4. At the end of the month, total the number of days you ate at least 2 cups of fruits. You must do this on at least 22 days this month to complete this challenge. Then keep up the practice for a lifetime of best health.

MONTH:							HC = Health Challenge™	ex. min. = exercise minutes
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Weight & weekly summary	
HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____		
HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____		
HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____		
HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____		
HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____		

_____ Number of days this month I ate at least 2 cups of fruit
 _____ Number of days this month I got 30+ minutes of physical activity

Other wellness projects completed this month:

Name _____ Date _____