



Feast on Fruit

CHALLENGE

Eat 1.5 to 2 cups of fruit per day

Requirements to complete this HEALTH CHALLENGE™

1. Read “Feast on Fruit”.
2. Eat 1.5 to 2 cups of fruit per day.
3. Keep a record of your completed health 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 farm.

And it worked. People went out of their way

to see the Big Banana. Sales went up. He grew more bananas to keep up with demand. And more people than ever were eating bananas.

Maybe you can't visit the Big Banana in Australia (yep, it's still there), but you can still eat bananas and other fruits packed with vitamins and nutrients. Take the month-long Health Challenge to Feast on Fruit.

How to wash fresh fruit
<https://tinyurl.com/azmje3wu>

Take the Fruit-Facts Quiz

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



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

How did you do? If you answered any of these incorrectly, you could benefit from learning more about eating more fruit. Most adults should eat about 1.5 to 2 servings of fruit per day. But most don't. Some fruits can be high in calories, but they're still a healthier snack than candy bars and potato chips.

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

Snack on This Fruity Fact

Are you eating enough fruit? Probably not. Only 12 percent of adults eat the minimum amount of fruit, according to a recent study.¹

- **Daily fruit recommendations:** The Centers for Disease Control and Prevention recommends adults eat 1.5 to 2 cups of fruit per day.
- **Eat your favorite fruits.** Take a look at what you typically eat in a day to find out if you're getting enough fruit in your diet.

Need to eat more fruit? Add your favorite fruits to meals or enjoy in between as a snack.

Eat these 7 superfruits
<https://tinyurl.com/5catpl>