

5 Sweet Reasons to Eat Fruit



Thinking about improving your diet by eating more fruit? They're 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).

Check out these sweet and healthy reasons to eat your favorite fruits:

1 Live longer. If you want to live a long and healthy life, eat more fruits *and* vegetables. In a recent study by the American Heart Association, researchers found that eating at least 2 servings of fruit and 3 servings of vegetables per day may help you live longer.² Eating this way also lowered the risk for heart disease, stroke, certain types of cancer, and lung-related diseases.

2 Control blood pressure. Did you know about 50 percent of all adults have high blood pressure? It's a risk factor for heart disease, stroke, and other health problems. Research shows eating fruits like apples and berries can help control blood pressure.³

3 Improve cholesterol. How's your cholesterol level? Without a blood test, you probably don't know. But when LDL (bad) cholesterol is high, it's a risk factor for blocked arteries and other health problems. The good news...research shows eating fruits like apples, pears, oranges, and other citrus fruits can help control cholesterol.⁴

4 Lower heart disease risk. Heart disease is the leading cause of death in the United States. About 659,000 people a year die from heart disease in the U.S. But it's largely preventable. Research shows adding more fruit to your diet can help lower your risk for heart disease by about 28 percent.

5 Aid in weight management. About 74 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 support weight loss and prevent weight gain.⁵ 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.

Calories in 20 popular fruits
<https://tinyurl.com/ka8vvpn>

Boost Your Daily Dose of Fruit



If you're in the habit of eating 1.5 to 2 cups of fruit per day, keep it up. If you're not, here are some ways to boost your daily dose of fruit:

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

- Buy fresh fruit at a grocery store or local farmer's market.
- 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.

Fruit vs. Junk Food:

In a typical year, the average American eats:

Fruit	Junk food
5 pounds of strawberries	12 pounds of chocolate
16 pounds of apples	23 pounds of pizza
23 pounds of oranges	24 pounds of ice cream
25 pounds of bananas	29 pounds of French fries
16 pounds of watermelon	44 gallons of soda

References

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