

# WELLNESS WAYS



UNIVERSITY OF ILLINOIS  
EXTENSION

College of Agricultural, Consumer and Environmental Sciences



*Ideas For Eating Better For Less . . . .*

## Focus on Fruits

Eat a variety of fruits—fresh, frozen, canned, or dried—rather than fruit juice for most of your fruit choices.

**Vary your fruit choices.** Add fruits of different colors to your meals each day.

**Eat at least 2 cups\* (4 servings) of fruits every day.**

**A serving of fruit is:**

- 1 small fruit
- 1/2 cup of chopped, cooked, frozen, or canned fruit
- 1/4 cup dried fruit
- 1/2 cup fruit juice



**Most fruits are good sources of fiber.**

- For example, one small pear with skin has 4 grams of fiber. A healthy adult should have about 14 grams of fiber for every 1000 calories eaten each day.

\*The recommendation of 2 cups of fruit every day is based on a 2,000 calorie diet. Go to [www.mypyramid.gov](http://www.mypyramid.gov) for personalized nutritional recommendations.

### **Prunes & Apple Salad** Serves 6.

6 cups of salad greens	1/2 cup chopped celery
1 cup pitted, chopped prunes	1/3 cup nuts (walnuts, peanuts)
1 small, coarsely chopped apple	1/2 cup low-fat salad dressing of choice
1/2 cup thinly sliced onion	

1. In a large bowl toss greens, prunes, apple, onion, celery and nuts.
2. Before serving, pour dressing on salad. Toss well.
3. Serve immediately.

NUTRITION FACTS (per serving) - Calories 140 ~ fat 5 g ~ calories from fat 45 ~ sodium 350 mg  
~ total carbohydrate 26 g ~ fiber 4 g

## **Pineapple & Walnut Salad** Serves 6

1 can (20 oz.) of pineapple chunks, drained  
reserving 2 Tbsp.

1 cup chopped celery

1/2 cup nuts (walnut, peanuts)

1/2 cup raisins

2 Tbsp. low fat mayonnaise

3 cups salad greens

1. In a large bowl toss pineapple, celery, nuts and raisins. Chill.
2. Before serving, add just enough mayonnaise to moisten salad.
3. Sprinkle on pineapple juice and gently stir to blend.
4. Serve on salad greens.

NUTRITION FACTS (per serving) - Calories 180 - fat 8 g - calories from fat 70 - sodium 70 mg  
- total carbohydrate 26 g - fiber 3 g

## **Enjoy fruit all day long.**

### • **Breakfast**

- Add fruit to ready-to-eat cereal or hot cereals.
- Top pancakes and waffles with fruit.

### • **Lunch and dinner**

- Top lettuce and spinach salads with fruit.
- Add fresh or canned fruit to gelatin salads.
- Serve fruit for dessert.

### • **Snacks**

- Keep fresh fruit and dried fruit handy for snacking.
- Top yogurt with sliced fruit.
- Make a quick fruit smoothie with milk and chilled or frozen fruit.

