

TIPS FOR INCLUDING MORE WHOLE FRUITS IN THE DIET

Maintaining a balanced diet is essential throughout all life stages. Fruits, vegetables, grains, protein (either animal or plant-based protein), dairy products, and fortified soy products should all be part of your diet. Fruits that are rich in nutrients but low in sodium, saturated fat, and added sugars are great options for enjoying them every day. Here are a few tips to increase fruits intake:

- Eat fruits with your morning meal. For breakfast, try topping cereal with your preferred frozen or fresh fruits, such as raisins or chopped bananas.
- Keep some fruits on hand for quick snacks. Fruits that are easy to carry along are bananas, apples, oranges, and berries. Moreover, yogurt pairs nicely with fruits. For example, put some grapes, berries, or melon chunks on top of yogurt to make a refreshing fruit snack. Lastly, prepare some chopped fruits in a bowl and save it in the fridge. Put the bowl on the top shelf so that you can see it as soon as you open the fridge.
- Enjoy some fruits with your dinner. Toss some orange segments, apple wedges, or grapes into a tossed salad, or simply enjoy your favorite fruits along with your dinner.

如何在日常膳食中增加水果摄入

在各年龄段保持均衡饮食至关重要。水果、蔬菜、谷物、蛋白质（动物或植物性蛋白）、乳制品和经强化大豆制品都应成为您饮食的一部分。水果营养丰富且低盐、低饱和脂肪和低添加糖，因此它们是日常享用的绝佳选择。以下是增加每天水果摄入量的小窍门：

- 早餐时食用水果。在早餐时，尝试在谷物上加入您喜欢的冷冻或新鲜水果，如葡萄干或切碎的香蕉。
- 随时准备一些水果作为零食。易携带的水果有香蕉、苹果、橙子和莓果。此外，酸奶与水果也是绝搭。例如，在酸奶上放一些葡萄、莓果或甜瓜块，制作一份清新的水果零食。最后，将一些切好的水果放在碗中，存放在冰箱里。并将碗放在顶层，这样一打开冰箱就能立刻看到并食用。
- 晚餐时享用一些水果。将一些橙片、苹果块或葡萄撒入沙拉中，或可简单地在晚餐时享用您喜爱的水果。

References/参考资料:

1. U.S. Department of Agriculture. Print Materials. <https://www.myplate.gov/resources/print-materials>. Accessed January 26, 2024..

2. California Department of Social Services. Find a recipe. <https://eatfresh.org/find-a-recipe/>. Accessed December 7, 2023.

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Vegetable Spotlight: Korean Melon
蔬菜聚光灯: 韩国甜瓜



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MELON COOLER (Serves 4)

甜瓜清凉饮料 (4 人份)



INGREDIENTS

- 2 cups Korean melon, chopped
- 2 cups Water, cold

配料

- 2 杯韩国甜瓜，切块
- 2 杯冷水

DIRECTIONS

1. 将所有配料放入搅拌机容器中。
2. 搅拌至顺滑。倒入玻璃杯中即可饮用。

步骤

1. Place all ingredients in a blender container.
2. Blend until smooth. Pour into glasses and serve.



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