



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.



Take the Fruit-Facts Quiz

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



T F

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.



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

1. Lee-Kwan, S.H., et al. (2017). Disparities in state-specific adult fruit and vegetable consumption. *Morbidity and Mortality Weekly Report*, 66(45): 1241-1247. From: <https://tinyurl.com/ns3t86r7>
2. Wang, D., et al. (2021). Fruit and vegetable intake and mortality. *Circulation*, 143:17. From: <https://tinyurl.com/ueemdx5>
3. Ottaviani, J., et al. (2020). Biomarker-estimated flavan-3-ol intake is associated with lower blood pressure in cross-sectional analysis in EPIC Norfolk. *Scientific Reports*, 10:19764. From: <https://tinyurl.com/zx6kyf8>
4. Aune, D., et al. (2017). Fruit and vegetable intake and the risk of cardiovascular disease, total cancer and all-cause mortality—a systematic review and dose-response meta-analysis of prospective studies. *International Journal of Epidemiology*, 46(3): 1029-1056. From: <https://tinyurl.com/bar8d9jd>
5. Dreher, M., et al. (2020). A comprehensive critical assessment of increased fruit and vegetable intake on weight loss in women. *Nutrients*, 12(7): 1919. From: <https://tinyurl.com/yscxtzcx>



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Instructions

1. Post this calendar where you will see it daily (bathroom, kitchen, bedroom, or add to your digital calendar).
2. Track your daily fruit intake. Aim for 1.5 to 2 cups of fruit daily.
3. Use the calendar to record your actions to eat more fruit.
4. Review your progress at the end of each day, each week, and at the end of the month. 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. _____		
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_____ Number of days this month I ate 1.5 to 2 cups of fruit
 _____ Number of days this month I exercised at least 30 minutes

Other wellness projects completed this month:

Name _____ Date _____