



ENJOY A VARIETY OF **FRUITS**

Choose a maximum of 3 fruit servings spread throughout the day

1 medium: apple, orange pear
2 medium: kiwi, plums,
clementines
½ medium mango
1 small banana
1 small grapefruit
1 large peach
1 large nectarine

2 cups: strawberries,
blackberries, raspberries
1 cup blueberries
1 cup melon
¾ fresh pineapple
10-15 grapes
10-15 cherries
1 cup mixed fruits

1 cup papaya
½ pomegranate
2 guava
10 lychees
1 mangosteen
30 longan
1/3 cup jackfruit
2 small persimmon

Pairing your fruit with a protein can make your snack more **satisfying**.

Try these combos:

Banana and peanut butter
Melon and cottage cheese
Orange and hard-boiled egg
Berries and yogurt
Apple and cheese
Plum and walnuts



NORTH
YORK
FAMILY
HEALTH
TEAM