

Shape Family Wellness Program

Name: _____

Wellness Coach: _____

WELLNESS CHALLENGE FRUITS

Start Date: _____ End Date: _____

Instructions: Your challenge is to eat a minimum of 2 cups (servings) of fruit at least 5 days a week for the next 4 weeks. Use the information on the back of this sheet to help you determine what counts as 1 cup of fruit. Record what fruits you ate on the calendar below. **Added Challenge:** Try at least one **NEW** fruit during the month and record it in the bottom box.

Su	M	Tu	W	Th	F	Sa
Total Servings: ____	Total Servings: ____	Total Servings: ____	Total Servings: ____	Total Servings: ____	Total Servings: ____	Total Servings: ____
Total Servings: ____	Total Servings: ____	Total Servings: ____	Total Servings: ____	Total Servings: ____	Total Servings: ____	Total Servings: ____
Total Servings: ____	Total Servings: ____	Total Servings: ____	Total Servings: ____	Total Servings: ____	Total Servings: ____	Total Servings: ____
Total Servings: ____	Total Servings: ____	Total Servings: ____	Total Servings: ____	Total Servings: ____	Total Servings: ____	Total Servings: ____

Added Challenge:

New fruit tried: _____

Comments about new fruit: _____

FRUIT INFORMATION

WHAT TYPES OF FRUITS COUNT TOWARDS MY DAILY RECOMMENDATION?

Any fruit or 100% fruit juice counts as a part of the fruit group. This includes fresh, canned (in water or 100% juice, if canned in syrup rinse with water before eating), frozen, or dried.

DOESN'T FRUIT HAVE A LOT OF SUGAR IN IT?

Fruit does contain some sugar. However, the sugars in fruit are naturally occurring sugars—as long as your canned or frozen fruit don't contain added sugars. Dried fruit, however does usually have added sugar. Make sure you are reading your food label to see how much sugar is in one serving of dried fruit.

WELL SUGAR IS SUGAR, RIGHT?

Not exactly. There are some big differences between the type of sugar in fruit—natural sugar—and the added sugar in cereals, yogurts, breads, and candy. This can be confusing, but the most important thing to remember is that our bodies process natural sugars better than added sugars. Another big plus to eating fruits is that whole fruit contain fiber, which keeps you full along with containing many other vitamins and nutrients.

Table 1 below shows the recommended amount of fruit the average individual should have in their diet based on the USDA's MyPlate guidelines. These numbers are based on someone who performs less than **30 minutes** of exercise a day. Someone who is more active than this may be able to consume **more** fruit while staying within caloric recommendations.

TABLE 1: DAILY RECOMMENDATIONS

Gender	Age	Servings of Fruit
Female	14-18	1 ½ cups
	19-30	2 cups
	31-50	1 ½ cups
	51+	1 ½ cups
Male	14-18	2 cups
	19-30	2 cups
	31-50	2 cups
	51+	2 cups

WHAT COUNTS AS A CUP (ONE SERVING) OF FRUIT?

Typically one serving of fruit consists of the following:

- 1 cup sliced, cubed, canned, or frozen fruit
- 1 medium-large piece of whole fruit
- ½ cup of dried fruit
- 1 cup of 100% fruit juice

HELPFUL FRUIT TIPS

- Try preparing your fruit in different ways
 - **Sliced:** Slice up an apple or banana and spread some natural peanut or almond butter on each slice for a filling and delicious snack.
 - **Pureed:** Smoothies or pureed juice blends are a wonderful way to get your daily fruit intake.
 - **Warmed up:** Warm fruit with a bit of honey and a sprinkle of cinnamon makes for a wonderful treat.
Ask the Fitness Factory staff for more recipe ideas.
- Try to stay in season
 - Fruit that is in season is typically less expensive and better tasting.
Ask the Fitness Factory staff for information on our "Finding Affordable Fruits & Veggies in the Winter" wellness class.
- Replace sugar with fruit
 - Do you like to sprinkle sugar on your cereal or oatmeal? Try replacing the sugar with some fresh or frozen fruit to add sweetness.
 - This also works if you have a sweet tooth—swapping out dessert after dinner a few times a week with a piece of fruit can save a lot of added calories and sugar.
- Make it savory
 - Try meat or fish dishes that use apples, apricots, or mangoes.
- Check out the recipe board at the Fitness Factory for healthy recipes each month!

FOR MORE INFORMATION

Find information on MyPlate recommendations and more on ShapeWeb.

Go to: [Employee Resources](#) > [Health & Wellness](#) > [HealthyU Nutrition](#)