

FOOD

A Fruitful Path to Wellbeing



↑ **Easy Berry Salad** [ARDMORE INSTITUTE OF HEALTH]

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Did you know that eating fruit is associated with improved weight control, overall wellness and healthy aging? Research indicates additional potential benefits - from reduction in risk of type 2 diabetes and cardiovascular disease to defending against colorectal and lung cancers, and improving mental wellbeing.

These positive benefits are linked to one nutrient - fruit fiber. Which means you have to eat the fruit itself in order to reap the benefit, the juice won't work when the fiber is removed. Adding sweeteners to fruit can cancel the benefits; so avoid canned fruit with sweeteners and don't add

sugar to your naturally sweet fruits. Your best choices are always fresh or frozen fruit.

Less than 10% of Westerners consume the recommended 2 cups of fruit per day. Most eat about half that amount.

The good news is that adding fruit to your daily routine is easy:

- Pack an apple, orange or mango for lunch
- Add berries to your breakfast
- Munch on frozen blueberries or grapes instead of candy
- Use bananas, pineapple or your favorite fruit to sweeten your smoothies

Or try one of these fun recipes.



↑ **Fruity Oatmeal** [ARDMORE INSTITUTE OF HEALTH]

Pineapple Green Smoothie Recipe

Ingredients

2 cups almond milk
1 cup frozen pineapple
1 cup frozen mango
1 banana
2 cups fresh spinach
1 teaspoon cocoa powder
1 tablespoon chia seeds

Toppings

1 teaspoon hemp seeds

Directions

Add all ingredients to blender and blend on high until smooth and creamy. Top off with hemp seeds and serve immediately.



← **Pineapple Green Smoothie** [ARDMORE INSTITUTE OF HEALTH]

Easy Berry Salad Recipe

This basic fruit salad is quick to make, colorful to look at, delicious to eat, and thanks to the naturally low-glycemic properties of berries, diabetic friendly. You can jazz it up with a bit of fat-free Cool Whip or homemade coconut milk cream. When fresh berries are not in season, just use frozen unsweetened berries.

Ingredients

1 cup fresh blueberries
1 cup fresh raspberries
1 cup fresh strawberries
1 cup fresh blackberries
8 tablespoons fat-free Cool Whip

Directions

Rinse and drain berries well. Put all the berries in a small bowl and gently fold them together using a rubber spatula. Divide the berry mixture among 4 serving dishes and top with 2 tablespoons of Cool Whip. Serve immediately.

Fruity Oatmeal Recipe

Fresh berries, mango, and banana add a natural sweetness to breakfast oatmeal that takes it from ordinary to incredible.

Ingredients

½ cup old-fashioned rolled oats
¾ cup unsweetened almond milk
1 tablespoon chia seeds
Pinch of salt

Toppings

½ cup blackberries
½ cup raspberries
½ cup blueberries
½ small mango (diced)
¼ banana sliced
1 tablespoon nut pieces (walnuts, pecans or pine nuts)
1 tablespoon freshly chopped basil leaves

Directions

Mix oats, milk, chia seeds and a pinch of salt in a deep microwave safe bowl. Microwave for 3 minutes. Remove from the microwave and top with the fruit and nuts listed above, or whatever fruit and nut combination you have on hand. Serve immediately.