



What Foods Are Included in this Group?

Any fruit or 100% fruit juice counts. **This includes:** canned, fresh, whole, sliced, dried, frozen and pureed.



What does a cup look like?



1/2 cup



1 cup

How Much Fruit Do I Need?

On average an older adult needs about 1 1/2 -2 1/2 cups of fruit daily.



1. Enjoy eating whole fruits that have edible skin instead of juice. Whole fruits provide fiber that juice cannot.
2. Add sliced fruits to your meals and snacks. Look for pre-sliced fruits and vegetables on sale if slicing and chopping is a challenge.
3. Make your plate a colorful one. Adding a variety of different fruits can add different beneficial nutrient content to your diet.

EXERCISE ACTIVITY

Toe Stand



This exercise will help make walking easier by strengthening your calves and ankles. For an added challenge, you can modify the exercise to improve your balance. (See **Progressing to Improve Balance.**)

1. Stand behind a sturdy chair, feet shoulder-width apart, holding on for balance. Breathe in slowly.
2. Breathe out and slowly stand on tiptoes, as high as possible.
3. Hold position for 1 second.
4. Breathe in as you slowly lower heels to the floor.
5. Repeat 10-15 times.
6. Rest; then repeat 10-15 more times.

TIP

As you progress, try doing the exercise standing on one leg at a time for a total of 10-15 times on each leg.

RECIPE FOR THE MONTH

PEACH COOLER

MAKES ABOUT 2 SERVINGS

Ingredients

- 2 cups 1% low-fat milk
- 1 cup canned peaches, drained
- ½ teaspoon lemon juice
- ½ teaspoon nutmeg (if you like)

Directions

1. Put all ingredients in a blender, or mix in a bowl. If using nutmeg, add that in too.
2. Blend well.
3. Serve cold.

Nutrition Information for 1 serving of Peach Cooler

Calories	170	Cholesterol	10 mg	Sugar	25 g	Vitamin C	3 mg
Calories from Fat	20	Sodium	120 mg	Protein	9 g	Calcium	290 mg
Total Fat	3 g	Total Carbohydrate	30 g	Vitamin A	170 RAE	Iron	0 mg
Saturated Fat	2 g	Dietary Fiber	1 g				

Recipe adapted from Allrecipes.com.