



Fruit is your friend, not foe

Let's set the record straight: fruit isn't your enemy. The idea that fruit is unhealthy often spreads through social media, casual conversations, or even well-meaning advice from friends and relatives. These claims about fruit lead people to believe fruit is harmful because of its sugar content, but they miss a critical point: in fruit, that sweetness comes bundled with fiber, vitamins, and antioxidants. These components slow the absorption of sugar, nourish your body, and help keep you full—not spike your blood sugar.

Studies show that eating more fruit can reduce the risk of chronic diseases like heart disease and certain cancers. Fruits also provide essential nutrients that support immune health, improve digestion, and even boost memory and attention. With these benefits, fruit truly deserves a spot on your plate every day.

Even if you have diabetes, all fruits can be part of a healthy eating plan. The USDA recommends 1.5 to 2.5 cups of fruit per day for adults, depending on age, sex, and activity level. Fruits provide essential nutrients, fiber, and antioxidants, and their natural sugars are absorbed more slowly due to the fiber content. This helps stabilize blood sugar levels, making them a nourishing choice when eaten in appropriate portions. Think of them as whole, natural packages of energy and nutrients designed by nature to fuel you, not harm you.

And those "too much sugar" claims? They don't hold up for fruit. Eating a whole orange is not the same as sipping orange soda. Your body knows the difference.

5 Easy Ways to Eat More Fruit

1. Slice it up! A cut-up apple or orange is much more likely to be eaten and appreciated than one left whole in a fruit bowl.
2. Blend fresh and/or frozen fruit into a smoothie with plant milk or yogurt and spinach for a quick and nutritious breakfast or snack.
3. Keep frozen fruit on hand to toss into oatmeal, yogurt, or baked goods—no washing or chopping required!
4. Add it to your salad. Strawberries, blueberries, or diced pears pair beautifully with greens, nuts, and a light vinaigrette.
5. Pack single-serve portions like a banana or a small container of grapes for an easy, on-the-go snack.

Top 5 Reasons to Eat Fruit Every Day

1. Satisfies your sweet tooth and curbs cravings with natural sugars and nutrients.
2. Supports weight control by providing low-calorie, high-fiber options that keep you full.
3. Boosts immune health with vitamins like C and antioxidants.
4. Improves digestion with fiber that promotes gut health.
5. Reduces the risk of chronic diseases, including heart disease and certain cancers, thanks to its nutrient profile.

So, go ahead: enjoy that juicy apple or a handful of berries. Your body (and taste buds) will thank you.

Winter Citrus Salad



Ingredients:

- 2 oranges (such as navel or blood oranges), peeled and sliced
- 1 grapefruit, peeled and sliced
- 1/4 cup pomegranate seeds
- 1/4 cup sunflower seeds
- 2 tablespoons olive oil
- 1 tablespoon fresh lemon juice
- 1 teaspoon honey or maple syrup
- Pinch of salt and freshly ground black pepper

Instructions:

1. Arrange the orange and grapefruit slices on a serving platter.
2. Sprinkle the pomegranate seeds and sunflower seeds over the citrus.
3. In a small bowl, whisk together the olive oil, lemon juice, honey, salt, and pepper.
4. Drizzle the dressing over the salad.
5. Serve immediately as a refreshing side dish or light dessert, enjoying the crunch of sunflower seeds with every bite.