

Breakfast:

- add fruit to cereal
- add fruit to plain yogurt
- top pancakes or waffles with fruit

Snack:

- grab an apple or banana
- spread peanut butter on celery, add raisins
- blend a fruit smoothie with fruit, yogurt & juice
- dip carrot sticks, broccoli florets and snap peas in low-fat ranch dip

Lunch:

- switch to fruit instead of fries or chips
- satisfy your sweet tooth with strawberries or blueberries

Dinner:

- add a fruit salad
- have fruit for dessert
- top frozen yogurt with fresh or frozen fruit