

VU CHEW Program

(Cooking, Healthy Eating, and Wellness)

Fruit

Everyday is a good day to have fruit

What does one serve of fruit look like?

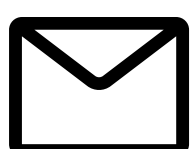


How many serves a day?

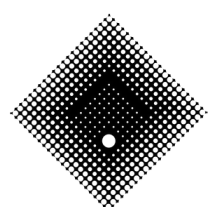


Why do we need it?

- High in fibre
- Low calorie
- Low fat
- Good for digestion and lowering risk of chronic illness



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