



Fruit Salad- serves 2. Balanced Snack or Breakfast Idea



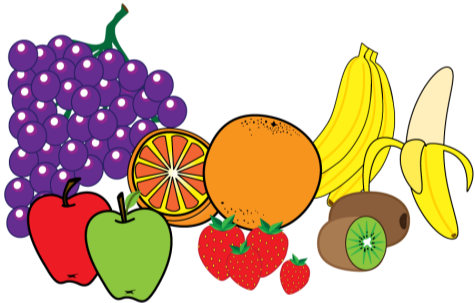
INGREDIENTS

Pick 3 or 4 of your favourite fruits

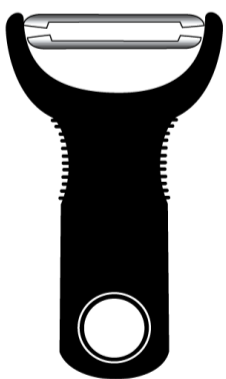
For example apple, banana, strawberry, kiwi, orange or grapes



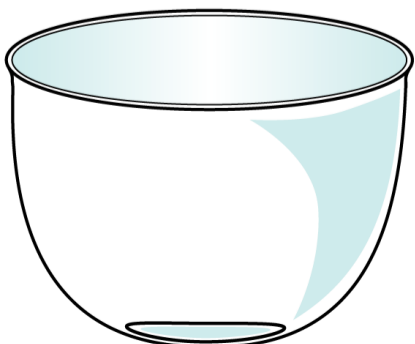
First **wash your hands** with soap and water



Wash all your fruit in clean water



Peel your fruit carefully and remove any stalks



Chop the fruit into big chunks and place into a large bowl

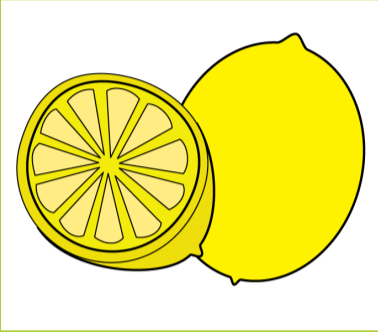
Mix the fruit well and enjoy!



Serve with plain low fat yogurt

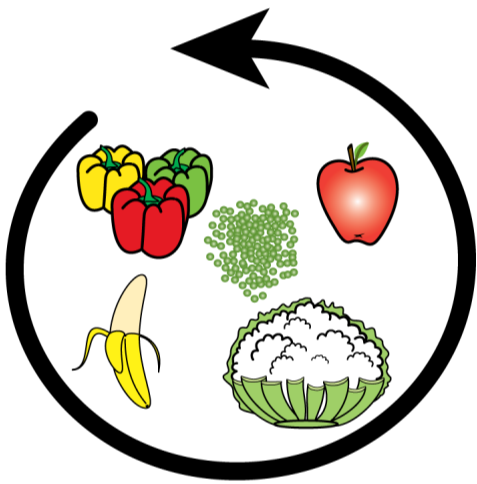
You can also enjoy it with low sugar cereal for a healthier breakfast

TOP TIPS



You can add a **few drops of lemon juice** to keep the fruit from turning brown

Keep leftovers in the fridge to enjoy later!



Did you know...?

One serving of fruit salad counts towards your **five a day**

Fruit is high in sugar so you should be careful if you have high blood sugar or if you are diabetic



You can learn more about **Five a Day** here

www.nhs.uk/live-well/eat-well/5-a-day-portion-sizes

What is **your favourite fruit**?

If you are worried about your diet and would like more help contact your GP.

Health Facilitation Team. Telephone: 0113 8555049. Email: getcheckedoutleeds@nhs.net