



Taking 2 Servings of Fruits without Difficulty

To maintain health, we must eat two servings of fruits every day.

How to eat two servings of fruits?

1

Very simple. Eat fruits like snacks and replace unhealthy snacks with fruits.



2

Eat fruits as after-meal "desserts".

3

Bring along fruits to work or school.

4

Wanna be healthy and smart like us? Let's try to eat two servings of fruits every day!

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