



# Fruitful Diet Challenge



## CHALLENGE DESCRIPTION:

You've probably heard the saying – "an apple a day keeps the doctor away". But why settle for just one? Join our Fruitful Diet Challenge and experience the amazing health benefits of eating five portions of fruit every day.

For this challenge you will focus on getting your 'five a day' for the next five days. That's five portions of fruit everyday! Each day will feature a 'Health Highlight' that dives into the different health benefits of a fruit-filled diet and a 'Fruit Feast' that showcases a fruit-forward recipe to help you reach your daily goal.

## WHAT IS A PORTION OF FRUIT?

Before you get started, here are some examples of what a portion of fruit looks like:

### **Small fresh fruit**

1 portion = 2 or more small fruit

Example: 2 plums, 2 tangerines, 2 kiwis, 3 apricots, 6 lychees, 7 strawberries or 14 cherries

### **Medium fresh fruit**

1 portion = 1 piece of fruit

Example: 1 apple, banana, pear, orange or nectarine

### **Large fresh fruit**

1 portion = one or more 5cm slices of fruit

Example: Half a grapefruit, 1 slice of papaya, 1 slice of melon, 1 large slice of pineapple or 2 slices of mango

### **Dried fruit**

1 portion = 30g of dried fruit

Example: 1 heaping tablespoon of raisins, 2 figs, 3 prunes or a handful of dried banana chips

**Please note:** Certain fruits have a high-sugar content, so it is important to take this into consideration if you are watching your blood sugar. There are still many **low-sugar fruits** that will allow you to complete the challenge while being cognizant of their sugar levels.

# FRUITFUL DIET

## THE CHALLENGE

Follow the prompts for each day of the challenge and note how many portions of fruit you eat throughout the day. Feel free to adjust the recipes as needed or find your own recipe that still includes the recommended amount of fruit servings. Let's get started!



### Welcome to Day 1 of the Fruitful Diet Challenge – let's get started!

#### Health Highlight

Fruits are **full of essential vitamins, minerals and antioxidants** that your body needs to function properly. Vitamin A is an important vitamin found in fruits like mangos, apricots, and oranges. Beta-carotene, is the compound that gives these fruits its vivid yellow-orange colouring. When eaten, your body converts the beta-carotene into Vitamin A, which is plays a crucial role in vision, skin health and immune system functioning.

#### Fruit Feast

Today's recipe features Mango Salsa.

This sweet and spicy recipe is a great addition to tacos or enjoyed on top of a piece of grilled fish or chicken. This recipe serves 3-4, which makes your serving 2 portions of fruit to add to your tracker below!

#### Ingredients

2 medium ripe mangos  
1/4 cup diced red onion  
1/4 cup finely chopped cilantro  
Juice and zest of 1 lime  
1 small garlic clove, grated/minced  
1/2 jalapeño, minced  
1/4 teaspoon sea salt, more to taste

#### Instructions

Peel and dice the mangos into bite sized pieces.  
In a medium bowl, mix together the mango, onion, cilantro, lime juice, garlic, jalapeño, and salt. Chill until ready to use.

Reach your portion goal! Track your progress here:

Today I ate \_\_\_\_\_/5 portions of fruit.

# FRUITFUL DIET

2



**Welcome to Day 2 of the Fruitful Diet Challenge – you're doing great (or should I say grape) so far!**

## Health Highlight

Anthocyanins are a group of antioxidants found in red, blue and purple fruits like berries, cherries, and pomegranates. These powerful compounds have **anti-inflammatory effects** that promote healthy functioning and protect the body against infection and disease. Some studies have suggested that anthocyanins may reduce your risk of heart disease and dementia! ain.

## Fruit Feast

Today's recipe features Homemade Raspberry Jam

This delicious jam is easy to make and highlights the natural sweetness of raspberries without the added sugar. Spread your homemade jam onto a piece of toast with creamy nut butter for a healthy start to your day! Add 1 portion of fruit to your tracker below!

## Ingredients

2 cups of fresh or frozen raspberries

1/4 cup honey

1 tablespoon lemon juice

## Instructions

Put all ingredients into a saucepan and stir.

Bring to boil, then simmer 10 minutes until jam consistency.

Keep in jar refrigerated.

Reach your portion goal! Track your progress here:

Today I ate \_\_\_\_\_/5 portions of fruit

# FRUITFUL DIET

3



## Welcome to Day 3 of the Fruitful Diet Challenge – keep up the good work!

### Health Highlight

Fruit is a fantastic source of fibre, an important aspect of your diet that keeps your digestive system happy! Not only does fibre keep you regular, it also helps lower cholesterol, stabilize your blood sugar and reduce your risk of health conditions like heart disease and some cancers. When it comes to fibre, dried fruit comes out on top! With nearly 3.5x the fibre of fresh fruit, dried fruit is an incredible way to progress towards your five a day.

### Fruit Feast

Today's recipe features Homemade Granola!

This healthy granola recipe is sweetened with honey or maple syrup and topped dried fruit, making it a perfectly sweet way to add to your five-a-day. Try this granola over yogurt or as a healthy snack while you're on the go! Add 1 portion of fruit to your tracker below!

### Ingredients

4 cups old-fashioned rolled oats  
1 ½ cup raw nuts and/or seeds  
1 teaspoon fine-grain sea salt  
½ teaspoon ground cinnamon  
½ cup melted coconut oil or olive oil  
½ cup maple syrup or honey  
1 teaspoon vanilla extract  
1 cup dried fruit, chopped if large

### Instructions:

Preheat oven to 350 degrees Fahrenheit and line a large, rimmed baking sheet with parchment paper. In a large mixing bowl, combine the oats, nuts and/or seeds, salt and cinnamon. Stir to blend.

Pour in the oil, maple syrup and/or honey and vanilla. Mix well, until every oat and nut is lightly coated. Pour the granola onto your prepared pan and use a large spoon to spread it in an even layer. Bake until lightly golden, about 21 to 24 minutes, stirring halfway. The granola will further crisp up as it cools.

Let the granola cool completely, undisturbed (at least 45 minutes). Top with the dried fruit. Break the granola into pieces with your hands if you want to retain big chunks, or stir it around with a spoon if you don't want extra-clumpy granola.

Store the granola in an airtight container at room temperature for 1 to 2 weeks, or in a sealed freezer bag in the freezer for up to 3 months. The dried fruit can freeze solid, so let it warm to room temperature for 5 to 10 minutes before serving.

Reach your portion goal! Track your progress here:

Today I ate \_\_\_\_\_/5 portions of fruit

# FRUITFUL DIET

4



**Welcome to Day 4 of the Fruitful Diet Challenge –you’re over halfway there!**

## Health Highlight

Zinc is an important mineral found in fruit – it plays a key role in skin health, immune function and metabolism. Zinc has anti-inflammatory properties that create powerful effects when it comes to your health like reducing the severity of a cold or promoting wound healing. Avocado, Kiwi, Berries and cantaloupe are all rich in zinc.

## Fruit Feast

Today's recipe features Homemade Guacamole!

Nothing beats homemade guacamole when it comes to your five-a-day! Both delicious and high in Zinc, guacamole is a great snack to help you work toward your daily goal! Add 2 portions of fruit to your tracker below!

## Ingredients

3 ripe avocados  
½ small yellow onion, finely diced  
1 tomatoes, diced  
3 tablespoons of finely chopped fresh cilantro (can omit if preferred)  
1 jalapeno pepper, seeds removed and finely diced (can adjust or omit based on spice preferences)  
2 garlic cloves, minced  
1 lime, juiced  
½ teaspoon sea salt

## Instructions

Slice the avocados in half, remove the pit, and scoop into a mixing bowl.  
Mash the avocado with a fork and make it as chunky or smooth as you'd like.  
Add the remaining ingredients and stir together. Give it a taste test and add a pinch more salt or lime juice if needed.

Reach your portion goal! Track your progress here:

Today I ate \_\_\_\_\_/5 portions of fruit

# FRUITFUL DIET

5



## Welcome to Day 5 of the Fruitful Diet Challenge – home stretch!

### Health Highlight

Vitamin E is an important component of fruit, necessary to keeping your body healthy. Vitamin E maintains healthy immune functioning and helps your body make red blood cells, necessary to oxygen delivery around the body. Fruits like mango, avocado, and pomegranate are all great sources of Vitamin E!

### Fruit Feast

Today's recipe features Dark Chocolate and Pomegranate Bark! This healthy recipe balances the tart pomegranate, spicy ginger and rich dark chocolate for the perfect sweet treat to finish your Fruitful Diet Challenge!

#### Ingredients:

140 grams of dark chocolate  
2 tablespoons of minced crystallized ginger  
1 cup of fresh pomegranate seeds (1 cup)  
½ teaspoon of flakey salt (regular salt will work just fine too!)

#### Instructions:

Fit a heatproof bowl over a pot of simmering water, making sure the water doesn't touch the bottom of the bowl. Place the chocolate in the bowl and stir until fully melted, about 5 minutes. Remove the bowl from the pot and stir the crystallized ginger and half of the pomegranate seeds into the melted chocolate.

Line a small baking sheet with parchment paper. Pour melted chocolate mixture onto the sheet. Use a spatula to smooth the chocolate into one even layer about  $\frac{1}{4}$  inch thick (it does not need to fill the entire sheet). Sprinkle chocolate with remaining pomegranate seeds and sea salt.

Chill for 20 to 30 minutes or until firm. Break or cut into pieces and store in an airtight container, separating the layers with wax paper. This is best served the same day it's made, otherwise condensation may form on the surface.

Reach your portion goal! Track your progress here:

Today I ate \_\_\_\_\_/5 portions of fruit

## CHALLENGE COMPLETE!

Congratulations on completing the Fruitful Diet Challenge! Over the past five days, you've committed to incorporating five portions of fruit into your daily diet, seeing the health benefits of a fruit-filled lifestyle. Celebrate your commitment to a healthier diet and the progress you've made.



# Congratulations on completing the **Fruitful Diet Challenge**

The journey of wellness is ongoing, and each step, no matter how small, is a victory to be celebrated. Keep pushing forward, embracing each day as an opportunity to live your best life.

