Summer is the perfect time to enjoy more fruit. Not only is fruit delicious, but it’s also rich in nutrients and fairly low in calories per bite. Plus it’s convenient—fruit is a great grab-and-go snack—and can be cheap, especially when you shop in season.

Berries
- **What to shop for:** Bright, plump berries with good, uniform color and dry, clean appearance.
- **How to store:** In the fridge in the container they were sold in for 10-14 days (blueberries) or 1-3 days (others).
- **Tip:** To prevent berries from getting soft and moldy, don’t wash them until you’re ready to serve.

Watermelon
- **What to shop for:** Fruit with a rind that’s slightly dull. A whole melon that’s heavy for its size and symmetrical. A cut melon with deep red flesh that’s free from white streaks.
- **How to store:** At room temperature until ripe. Then in the fridge for 1-3 days.
- **Tip:** Ripe peaches have a yellowish color with a red blush.

Cherries
- **What to shop for:** Firm, plump fruit with a bright red to black color, smooth, glossy skin, and stems attached.
- **How to store:** In the fridge for up to 10 days.
- **Tips:** To prevent cherries from getting soft and moldy, don’t wash them until you’re ready to serve.

Apricots
- **What to shop for:** Uniform golden-orange, plump fruit. When ripe they yield to gentle pressure.
- **How to store:** At room temperature until ripe. Then in the fridge in a plastic bag for 3-5 days.
- **Tip:** Avoid soft, pale, or greenish-yellow fruit.

Worried about pesticides?
If you’re worried about pesticides, consider buying organic if a fruit doesn’t have a rind or inedible peel.

http://www.nutritionaction.com

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**FROZEN FRUIT SMOOTHIES**

**Ingredients**
- 1 frozen banana, peeled and sliced
- 2 cups frozen or fresh fruit
- 1 cup milk
- 1/2 cup plain or vanilla yogurt
- 1/2 cup orange juice
- 2 to 3 tablespoons honey or to taste

**Directions**
Put all the ingredients in a blender and process until smooth. Pour into glasses and serve.

Cooks note: For non-Dairy smoothies, substitute 1 cup rice milk for the milk and yogurt. Or, use soy yogurt or milk instead of dairy.

**Nutritional Information**
- Calories: 366 calorie
- Total Fat: 7 grams
- Saturated Fat: 4 grams
- Cholesterol: 20 milligrams
- Sodium: 88 milligrams
- Carbohydrates: 75 grams
- Dietary Fiber: 6 grams
- Protein: 8 grams
- Sugar: 58 grams
15 LOWER-CARB WHOLE FOODS SWAPS

TORTILLAS
3 tortillas = 36g carbs
3 leaves kale = 5g carbs

HAMBURGER BUNS
1 bun = 21g carbs
2 large caps = 5g carbs

LASAGNA NOODLES
2 sheets noodles = 26g carbs
1 medium zucchini = 6g carbs

MASHED POTATOES
1/4 cup potato = 11g carbs
1/4 cup cauliflower = 2g carbs

PASTA
1 cup cooked pasta = 45g carbs
1 cup squash = 16g carbs

HASH BROWNS
1/4 cup hash browns = 14g carbs
1/4 cup spaghetti squash = 3g carbs

CRACKERS
50g crackers = 35g carbs
50g apple slices = 7g carbs

STURDY GREENS LIKE KALE OR CHARD

ROASTED PORTABELLO MUSHROOMS

THINLY SLICED ZUCCHINI

MASHED CAULIFLOWER

SQUASH RIBBONS

SPAGHETTI SQUASH

SODA

COOKIES
3 chocolate chip cookies = 24g carbs
4 strawberries + 1 tbsp chocolate = 19g carbs

APPLE PIE
slice apple pie = 40g carbs

BAKED APPLES
1 whole baked apple = 25g carbs

PEANUTS
1 oz. peanuts = 6g carbs

GROUND ALMONDS
1/2 cup ground almonds = 10g carbs

BREADCRUMBS
1/2 cup breadcrumbs = 59g carbs

CROUTONS
1 oz. croutons = 21g carbs

ROASTED, SALTED NUTS
1 oz. peanuts = 6g carbs

FRENCH FRIES
16 large french fries = 56g carbs
16 baked zucchini sticks = 29g carbs

SODA
12 ounces cola = 39g carbs
12 ounces seltzer = 0g carbs

SWEET POTATOES LIGHTLY DIPPED IN DARK CHOCOLATE

Potato Chips
1 oz. potato chips = 16g carbs
1 oz. peanuts = 6g carbs

BREADCRUMBS
1/2 cup breadcrumbs = 59g carbs
1/2 cup ground almonds = 10g carbs

CROUTONS
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