**Satisfy your sweet tooth the healthy way**

*Psss: here’s a secret that will change your life: fruit is nature’s candy!*

Fruit is naturally sweet and very versatile. In fact, many people find replacing sweets like cookies, cakes and candy with whole fruit still satisfies their sweet tooth – in a healthier way. If you like desserts or sweet snacks, start to replace them with fruit, and eventually your taste buds will crave fruit instead of foods made with processed sugar. Even if you’re not a fruit fan, there are so many different fruits available that you can be sure you’ll find something tasty.

**So, let’s talk health benefits**

Fruit helps prevent chronic diseases, keeps your immune system healthy and provides health-promoting fibre. The World Health Organization (WHO) shows that eating plenty of fruits and vegetables even lowers your risk of heart disease and stroke.

**Here are some tips to boost your fruit intake:**

1. Enjoy fresh fruit at breakfast or as snacks between meals – look for what’s in season to get the best flavour.
2. Serve fresh fruit salad, fruit skewers or defrost frozen fruit for dessert – add low-fat, natural Greek yogurt for something extra.
3. Add chopped-up fresh fruit (such as banana, peach, apple) or 1/4 cup dried fruit (such as apricots, raisins, dates) to your morning cereal.
4. Make a fruit smoothie with frozen or fresh berries, banana and low-fat milk or yogurt.

**Want one last tip to try?** Keep cut-up fresh fruit such as cantaloupe or watermelon in the fridge for a quick snack.