



A RED SOX FOUNDATION AND  
MASSACHUSETTS GENERAL HOSPITAL PROGRAM



## *Fresh Fruit Salad*

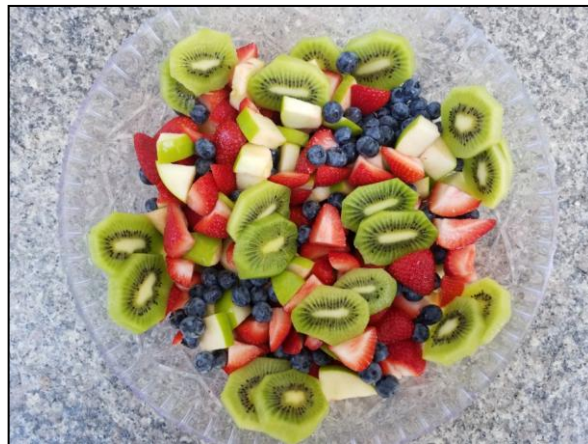
Serves 4-6

### **Ingredients:**

- 2 organic Granny Smith apples (cored and sliced into bit-sized pieces with skin)
- 3 kiwi (peeled and sliced)
- 1 pound organic strawberries (stems removed, sliced in half)
- 1 pint organic blueberries
- 1 lemon (juiced)

### **Directions:**

1. In a large bowl, mix green apple and lemon juice.
2. Add strawberries, blueberries, and kiwi. Mix gently with apples until combined.



### **Nutrition Tips:**

1. Mixing apples in lemon juice helps reduce the oxidative process, therefore helping prevent the fruit from turning brown.
2. Fruits are rich in phytonutrients, “phyto” meaning plant-based nutrients (vitamins and minerals). Aim to incorporate a variety of colorful fruits and vegetables throughout the week so as to consume various vitamins and minerals that will support a healthy immune system.

### **Source:**

Nicolette Maggiolo is the Registered Dietitian for Home Base, a Red Sox Foundation and Massachusetts General Hospital Program, where she provides individual and group nutrition counseling to veterans and their families. Originally from New York, Nicolette brings her love of cooking, fitness and an integrative approach as she supports patients with individualized nutrition plans.