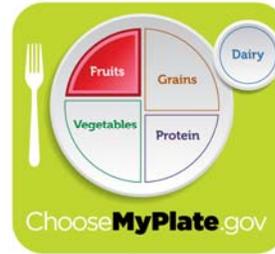


Fruit Group

Focus on fruits.



Fruits have important nutrients like vitamin A, vitamin C, potassium, and fiber. Eat a variety of fruits because they are naturally low in calories, fat, and sodium. Eating fruit as part of a healthy diet can reduce the risk of some diseases such as heart disease, cancer, and type 2 diabetes. For good balance, MyPlate recommends that you make half your plate fruits and vegetables. Adults should try to eat at least 2 cups of fruit each day. See “What Counts as a Cup of Fruit” (below) to see if you are getting 2 cups of fruit a day.

What Counts as a Cup of Fruit?

- 1 cup diced, sliced, or chopped raw or cooked fruit
- 1 cup canned fruit, drained
- 1 small apple
- 1 cup applesauce
- 1 large banana or orange
- About 32 grapes
- About 8 large strawberries
- 1 medium grapefruit or pear
- ½ cup dried fruit (raisins, prunes, apricots, cranberries, etc.)
- 1 cup 100% fruit juice

Vitamin C...

- heals cuts and keeps skin healthy
- fights infections and colds
- helps the body use iron in food

Because vitamin C is not stored in the body, you need to eat foods rich in vitamin C every day.

Good Sources of Vitamin C: oranges, grapefruit, lemons, limes, strawberries, cantaloupe, papaya, melons, and pineapple.

Vitamin A...

- prevents night blindness
- fights infections
- may reduce the risk of certain cancers and heart disease

Good Sources of Vitamin A:

cantaloupe, mango, papaya, apricots, peaches, and nectarines.

Know how. Know **now**.

Fresh, Frozen, Dried, or Canned?

Whether they are fresh, frozen, dried, or canned, all fruits are good for your health. Here are some tips to help you get the most for your food dollar:

- \$ If you prefer fresh, choose fruits that are in season. They usually cost less and are better quality.
- \$ Frozen and canned fruits cost less than fresh produce that is out of season.
- \$ Whole fruits have more fiber than fruit juice.
- \$ When buying canned fruit, choose fruit packed in juice or lite syrup instead of heavy syrup.
- \$ Purchase juices labeled 100% juice. Beverages labeled “juice blends”, “fruit punches”, “fruit drinks”, and “juice cocktails” are mostly water and sugar. But remember, eating fruit is better than drinking 100% juice because you get more fiber without the extra calories.

Fruit Parfait

Makes 1 serving

½ cup fruit (chopped or canned)
1 (6 ounce container or ¾ cup) low-fat yogurt
4 tablespoons crunchy cereal (granola or bran flakes)

Alternate in a cup until full: 2 spoons fruit, 2 spoons yogurt, 1 spoon cereal, ending with cereal.

Nutrition Information per Serving: 330 calories, 8 g fat, 2 g saturated fat, 10 mg cholesterol, 190 mg sodium, 54 g carbohydrates, 4 g fiber, 38 g sugar, 13g protein, vitamin C 80%, calcium 35%, iron 15%

Sources: Virginia Cooperative Extension “55 Ways to Save at the Grocery Store”, ChooseMyPlate.gov, United States Department of Agriculture, 2010.