

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 health, adults should try to eat 2 cups of fruit a day. See “What Counts as a Cup of Fruit” 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 30 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

6 ounce vanilla OR fruit flavored low-fat yogurt
4 tablespoons crunchy cereal (granola or grape nuts)
1/2 cup fruit (chopped or canned)

Alternate in a clear 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: UMASS Extension “Putting Fruits in Your Food Guide Pyramid”, Virginia Cooperative Extension “55 Ways to Save at the Grocery Store”, and <http://mypyramid.gov>, United States Department of Agriculture, May 2005.