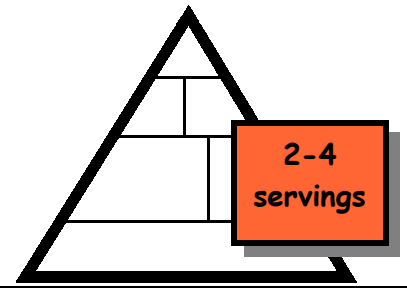


Fruit Group



Eat 2 or More Servings a Day for Better Health!

- Fruit has vitamins, minerals and cancer-fighting fiber.
- Fresh, frozen, and dried fruits have about 2 grams of fiber per serving.
- Eat a variety of fresh, frozen, canned and dried fruits.
- Choose canned fruits in juice, not heavy syrup.
- Get most of your servings from whole fruit instead of juice.

Sources of Vitamin C

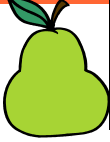



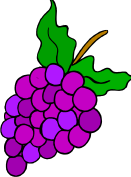
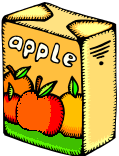


Oranges, Grapefruit, Pears, Strawberries, Plums

Sources of Vitamin A

Apricots, Cantaloupe, Papayas, Peaches, Prunes

Easy Ways to Add Fruit to Your Day...

- Keep a bowl of fruit at eye level in the refrigerator.
- Choose 100% fruit juice instead of soda.
- Top low-fat frozen yogurt with fresh fruit for a healthy snack or dessert.
- Make smoothies with frozen fruit and 1% milk.
- Freeze grapes for a cold treat that children love.
- Add sliced banana, peaches, or strawberries to cereal or oatmeal.
- **What is a serving?**
1 cup of fruit = your fist
1 medium piece of fruit = a baseball

	Pear: 1 medium
	Peach: 1 medium
	Apple: 1 medium
	Orange: 1 medium
	Grapes: About 17
	100% Fruit Juice: 1/2 cup
	Strawberries: 1 cup whole berries
	Apricots: 4 whole
Eat Less: -Fruit canned in heavy syrup Drink Less: -Fruit punch -Juice with added sugar	