



Eating well for good health!

Focus on Fruits



Eat fruit for good health. Choose fresh, canned, frozen, or dried. Try 100% fruit juice too.

Vitamin C

heals cuts and bruises, builds healthy bones and gums, helps the body absorb iron and helps to fight infections.

Vitamin A

helps children grow and aids in keeping skin and eyes healthy.

Fiber

helps keep the digestive system healthy. Research suggests that fiber may prevent some types of cancer, diabetes, heart disease and obesity.

Why do you need to eat fruit?

Many fruits are full of vitamins C and A, as well as fiber and other vitamins and minerals and they are naturally fat free!

How much fruit should you eat each day?

If you need 2,000 calories a day, eat 2 cups of fruit each day. For example: 1 small banana, 1 large orange, and 1/4 cup dried apricots.



Visit www.mypyramid.gov to find out the amounts of food you need to eat each day.

Don't Forget to:



Compare prices when shopping. Look for fruits that are in season or try canned, frozen or dried.



Choose canned fruits that have less sugar and calories, such as canned fruit in light syrup or natural juices.



Choose 100% fruit juices. Fruit punch, fruit cocktail and other fruit drinks are mostly sugar and water.