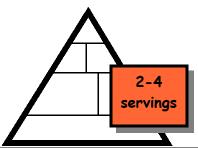


# Healthy Lifestyle Tip Sheet...

# 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

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Pear: 1 medium



Peach: 1 medium



Apple: 1 medium



Oranae: 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