Fruits

How to get more: Choose fruit as a snack. Add fruit to yogurt or cereal at breakfast. Have fruit in place of dessert!

Eating fruit as part of a healthy diet can:

• Lower chronic disease risk and cholesterol
• Support healthy digestion
• Aid healing
• Promote healthy teeth and gums
• Keep you feeling full longer

Reasons to include fruit:

• Low in fat, sodium, calories and no cholesterol
• High in potassium, fiber, Vitamin C and folate (a B vitamin).
• Easy to grab and tastes great too

What kind?

All forms of fruits count- fresh, frozen or canned. Be sure to include a colorful variety.

How much?

Most people need about 1-2 cups of fruit per day.

yellow

apples, apricots, cantaloupe, carambola (star fruit), figs, grapefruit, lemons, mamey sapotes, mangoes, nectarines, oranges, papayas, peaches, pears, pineapples, pummelo, tangerines, yellow gooseberries, yellow persimmons

red

apples, blood pears, cherries, cranberries, gooseberries, pomegranates, pummelo, raspberries, red grapefruit, red grapes, red oranges, strawberries, watermelon

blue

blackberries, blueberries, black currants, black plums, elderberries, figs, olives, plums, purple grapes, raisins

white

bananas, brown tamarind, dates, lychee, nectarines, pears, white peaches

green

apples, avocados, grapes, honeydew, kiwi, limes, pears