



Fruit Group

Focus on fruits



UNIVERSITY OF ILLINOIS
EXTENSION
FOOD STAMP NUTRITION EDUCATION
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM



Fruit

(teacher)

Sample question:

“What is your favorite fruit and why do you like to eat it?”

Fruits are good for your health.

Fruits are:

- good sources of vitamins and minerals.
- low in calories.
- low in fat.
- naturally sweet.
- a good source of fiber.

Fruits are good for your health.



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Fruits are:

- good sources of vitamins and minerals.
- low in calories.
- low in fat.
- naturally sweet.
- a good source of fiber.

(teacher)

Share with participants:

“Every day you need to eat about 2 cups (4 servings) of fruit.”*

1/2 cup serving of fruit is:

- 1/2 cup of cooked, canned or raw fruit
- 1/2 of small apple
- 1/2 medium grapefruit
- 1/8 of a medium cantaloupe
- 1/2 cup 100 % fruit juice
- 1/4 cup dried fruit; raisins, figs

You need about 2 cups of fruit each day.



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For teacher:

*The recommendation of 2 cups of fruit every day is based on a 2,000 calorie diet. If your recommended caloric intake is less than 2,000 calories/day you may need to eat less than 2 cups of fruit/day and if your recommended caloric intake is greater than 2,000/day you may need to eat more than 2 cups of fruit/day.

Go to **www.mypyramid.gov** for personalized nutritional recommendations.

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(teacher)

Share with participants:

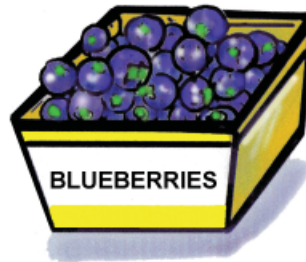
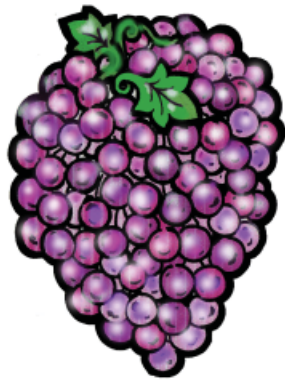
“Many fruits are a good source of vitamin A, vitamin C, fiber and potassium.”

Vitamin A, vitamin C, fiber and potassium are found in many of the fruits you eat!



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**Vitamin A, vitamin C, fiber
and potassium are found
in many of the fruits you eat!**







(teacher)

Share with participants:

“Some fruits have vitamin A. Vitamin A is good for your health.”

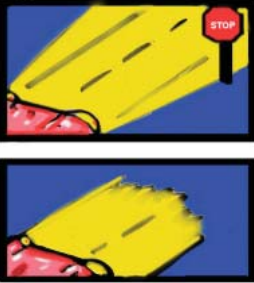
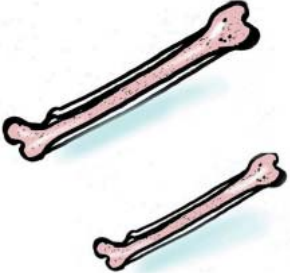


- Vitamin A helps your eyes adjust to a lower level of light so you can see in the dark. If you are not getting enough vitamin A you may have a hard time seeing in the dark or at night. This is called “Night blindness”.
- Vitamin A helps with bone growth.
- Vitamin A helps promote growth of healthy cells throughout the body.
- Vitamin A helps your body fight infections by keeping body tissues healthy.

Vitamin A is good for your health.

<p>Helps night vision. Helps eyes to adjust to light.</p>  <p>With Vitamin A</p> <p>Without Vitamin A</p>	<p>Helps bone growth.</p>  <p>With Vitamin A</p> <p>Without Vitamin A</p>
 <p>Helps fight infections.</p>	 <p>Helps promote growth of healthy cells throughout the body.</p>

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 <p>Helps fight infections.</p>	 <p>Helps promote growth of healthy cells throughout the body.</p>

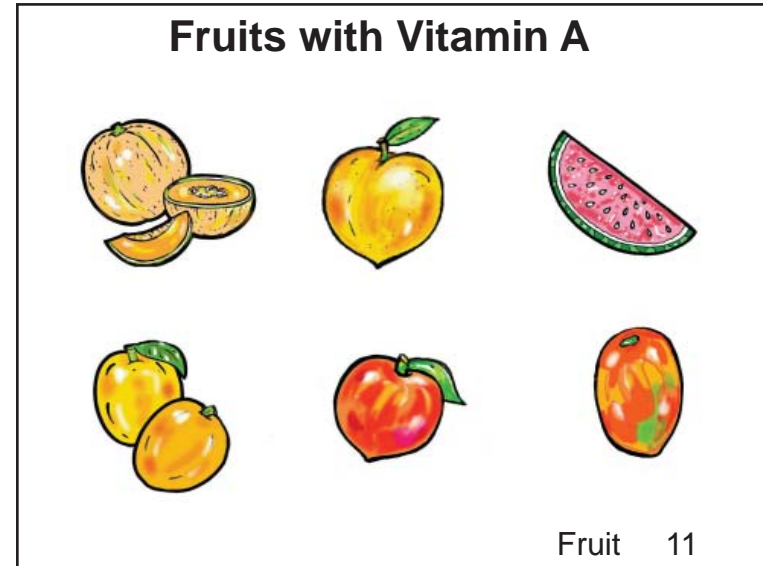
(teacher)

Share with participants:

“Some fruits are good sources of Vitamin A.”

Some good sources of vitamin A:

- cantaloupe
- apricots
- mango
- peach
- nectarine
- watermelon



Fruits with Vitamin A



(teacher)





Share with participants:

“Vitamin C is good for your health.”

Vitamin C is important for:

- healing cuts.
- building and maintaining the fibers that connect bones and allows joints to move.
- fighting infections.
- maintaining healthy skin, bones, gums and blood vessels.
- helping the body to absorb iron from plant sources of food.

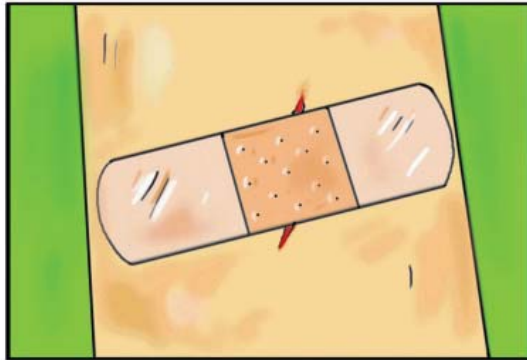
Vitamin C is good for your health.

<p>Helps cuts to heal.</p> 	<p>Helps build and maintain the fibers that connect bones and allows joints to move.</p> 
<p>Helps fight infections.</p> 	<p>Helps maintain healthy skin, bones, gums and blood vessels.</p> 

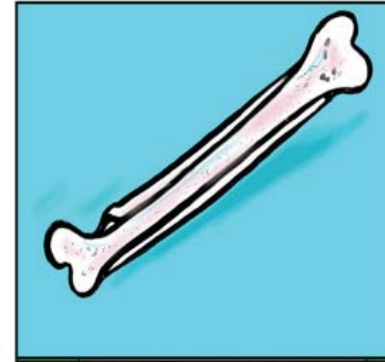
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Vitamin C is good for your health.

Helps cuts to heal.



Helps build and maintain the fibers that connect bones and allows joints to move.



Helps fight infections.



Helps maintain healthy skin, bones, gums and blood vessels.



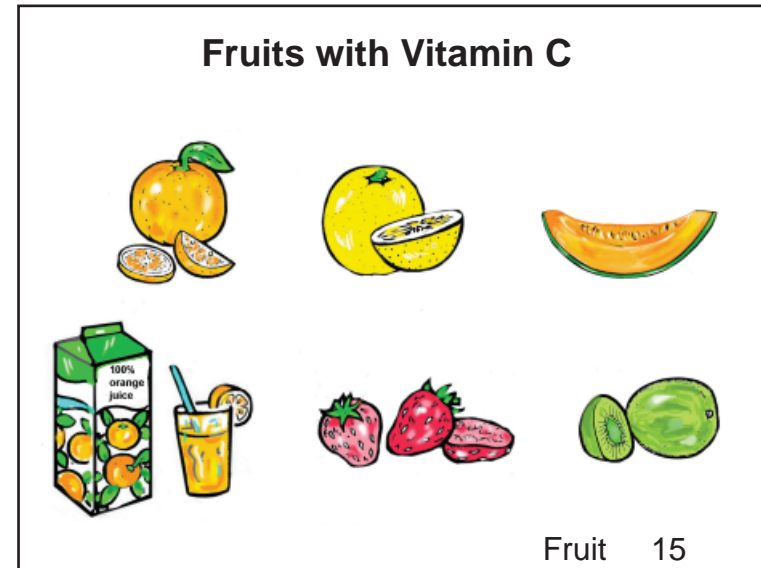
(teacher)

Share with participants:

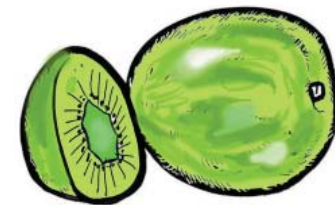
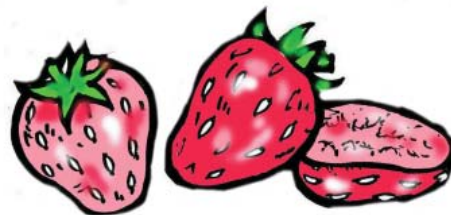
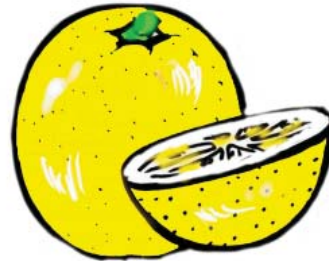
“Vitamin C is not stored in the body, so you need to eat food that has vitamin C every day.”

Some good sources of vitamin C are:

- citrus fruits:
 - ~ oranges
 - ~ tangerines
 - ~ grapefruit
- strawberries
- guava
- papaya
- kiwi fruit
- cantaloupe
- pineapple
- mango



Fruits with Vitamin C



(teacher)

Sample question:

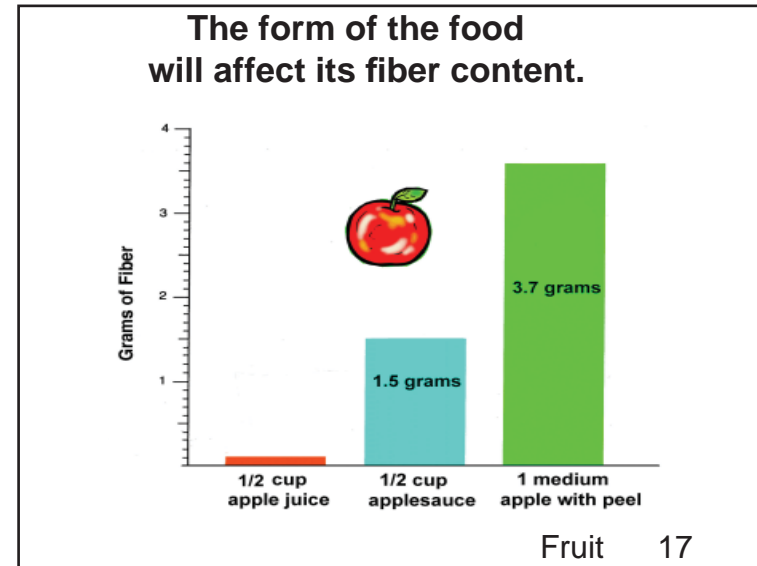
“Which has more fiber - apple juice, applesauce or a whole apple?”

Compare the fiber in raw apples, apple juice, and applesauce.

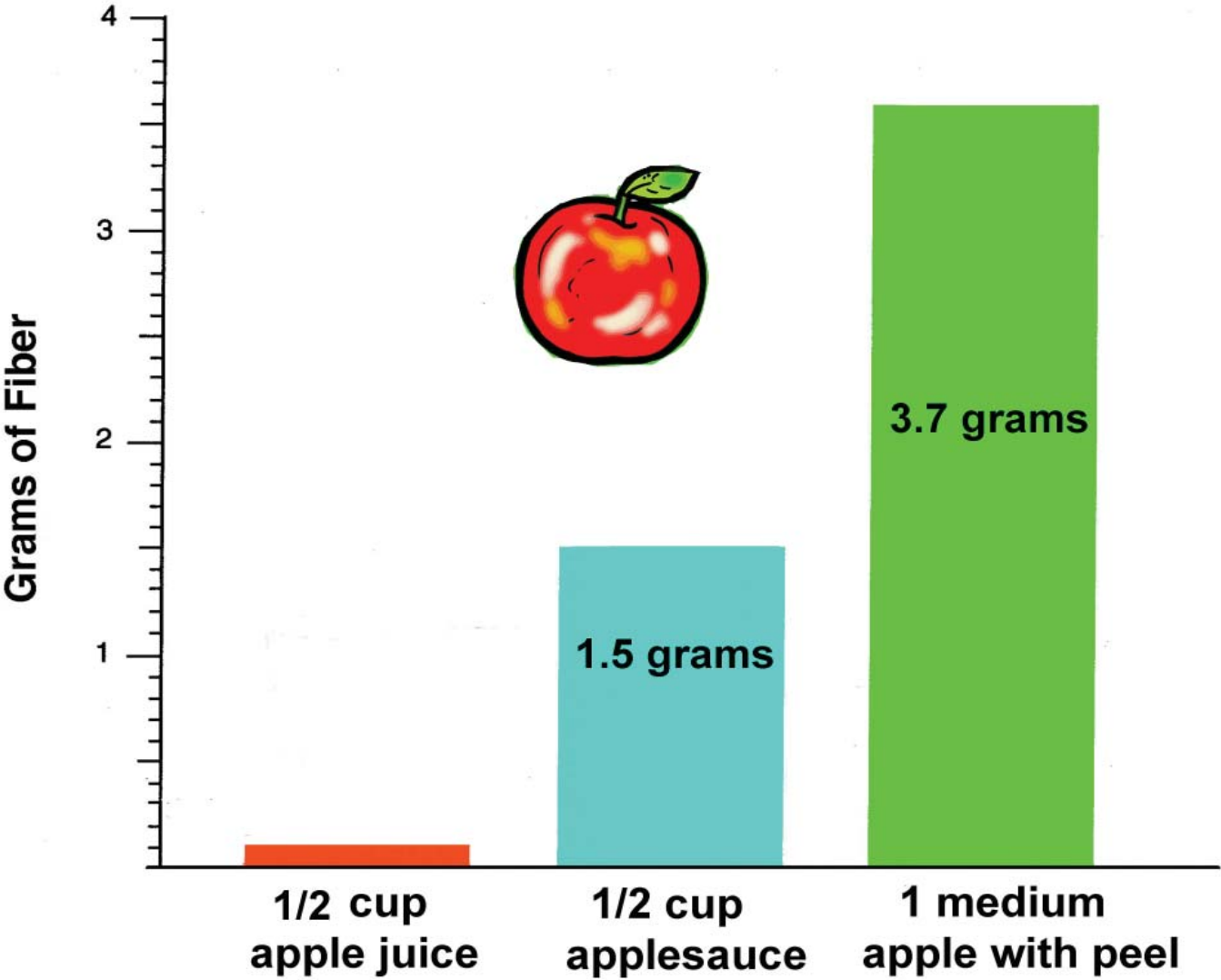
- The whole apple has the most fiber.
- The skin of the unpeeled apple contains much of the fiber.

Fiber is good for your body:

- It is the part of plant foods your body can't easily digest.
- Dietary fiber helps prevent constipation and may lower blood cholesterol.
- Increase the amount of fiber in your diet gradually and drink plenty of water.



The form of the food will affect its fiber content.



(teacher)

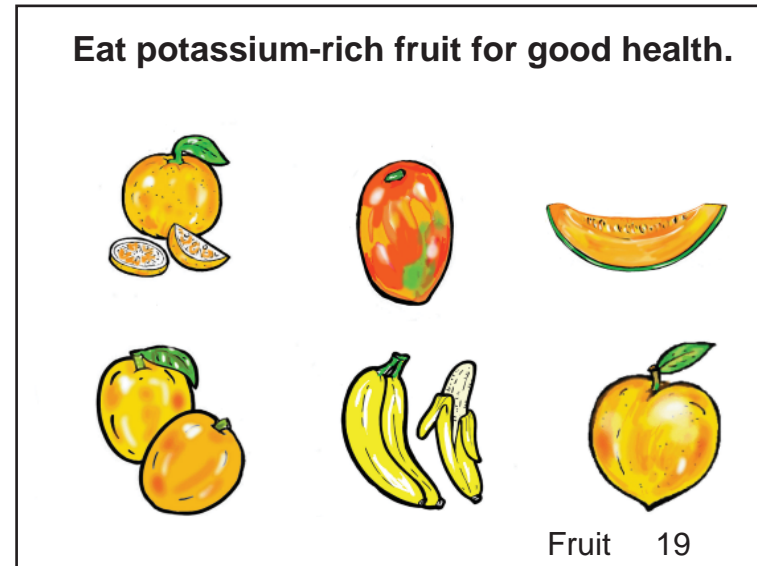
Share with participants:

“Eat potassium-rich foods for good health. Fruit is often a good source of potassium.”

- Potassium may help regulate blood pressure, especially in reducing the effect sodium has on raising blood pressure.

Good fruit sources of potassium:

- bananas
- plantains
- prunes
- dried apricots and peaches
- oranges
- cantaloupe
- honeydew melons
- mango
- papaya



Eat potassium-rich fruit for good health.







(teacher)

Share with participants: **“Some fruits are available year-round like apples. However, fruits available during their regular growing season are often cheaper than fruits you buy out of season.”**

Sample question: **“Can you add any fruits to these seasonal lists?”**

Buy Fruits In Season

			
<u>Spring</u> strawberries grapefruit mango bananas papaya	<u>Summer</u> cherries peaches watermelons bananas cantaloupe raspberries	<u>Fall</u> apples melons cranberries bananas pears kiwi fruit	<u>Winter</u> oranges bananas grapes apples grapewfruit

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In-Season Fruits (Imported and Locally Grown)

Spring

strawberries
mango
grapefruit
bananas
papaya

Summer

cherries
peaches
plums
watermelons
cantaloupe
blueberries
raspberries
bananas

Fall

apples
pears
grapes
bananas
kiwi fruit
cranberries

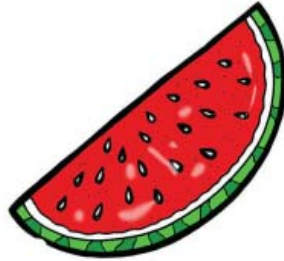
Winter

oranges
grapefruit
apples
bananas
grapes

To save money when buying fruit:

- Select fruit from local farmers' markets or stands.
- Buy fresh fruit in season.
- Compare the cost of canned and frozen fruit. Canned are usually cheaper.
- Store fruit properly to avoid waste.

Buy Fruits in Season



Spring

strawberries
papaya
grapefruit
bananas
mango

Summer

cherries
peaches
plums
watermelons
cantaloupe
blueberries
raspberries
bananas

Fall

apples
pears
grapes
bananas
cranberries
kiwi fruit

Winter

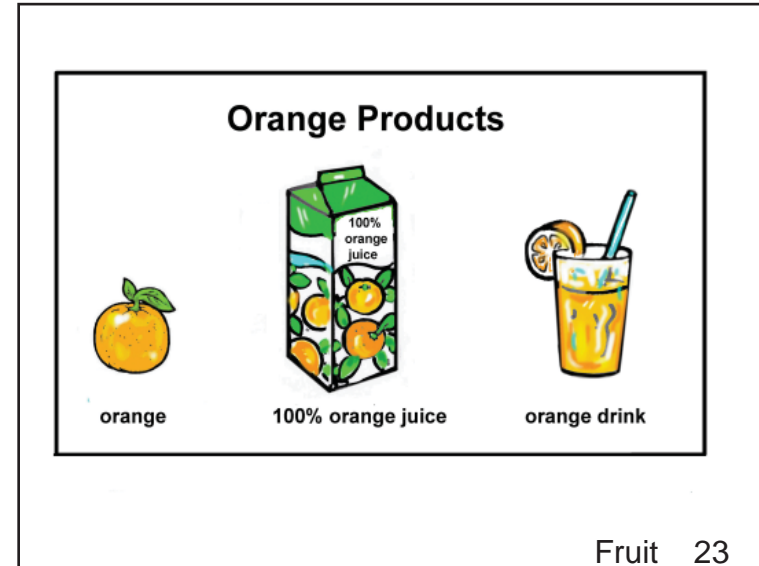
oranges
grapefruit
apples
bananas
grapes

(teacher)

Share with participants:

“Not all fruit products are the same nutritionally.”

- Fresh fruits and unsweetened (100%) fruit juices contain sugar, vitamins and minerals.
- Whole fresh fruit has fiber unlike most processed fruit juices.
- Limit your servings of fruit juice because it is high in sugar and low in fiber.
- Your best choice is whole fruits (fresh, frozen, dried or canned).
- Remove sugar from fruit canned in heavy sugar syrup by draining and/or rinsing fruit with water.
- Highly processed fruit products like fruit jams and jellies and fruit pies are high in sugar. Do not count these as part of your fruit intake for the day.



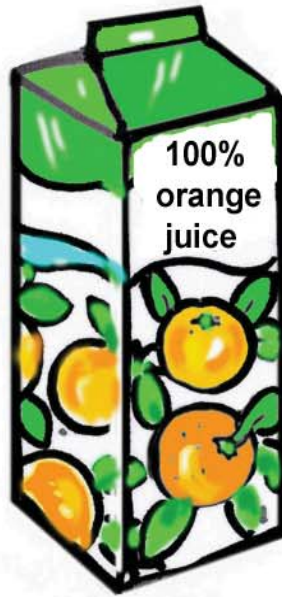
Info on Fruit Drinks

- Check the food label for fruit “drinks” and fruit “blend cocktails”.
- Fruit “drinks” and fruit “blend cocktails” are not 100% fruit juice because water and sugar have been added.
- Fruits drinks contain similar amounts of sugar as 100% juices but have fewer nutrients.

Orange Products



orange



100% orange juice



orange drink

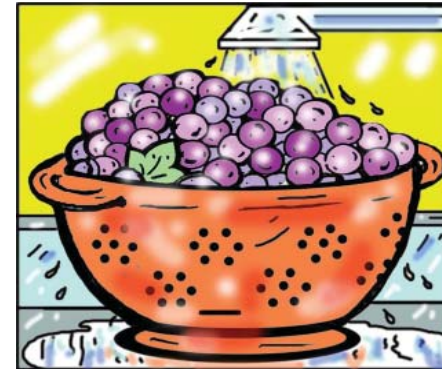
(teacher)

Share with participants:

“Rinse your fruit in water before eating it”

- Fresh fruit is minimally processed so some dirt or other contaminants may be present on the surface of the fruit.
- It is important to thoroughly rinse all fresh fruits in water just before peeling and/or eating. This includes fruits that have rinds such as oranges, cantaloupe, and watermelon.
- Make sure that the knives and cutting boards used to cut fruit are also clean.

Rinse fresh fruits in water before peeling, eating or cooking.



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Rinse fresh fruits in water before peeling, eating, or cooking.



(teacher)

Sample question:

“How do you get your family to eat the recommended 2 cups of fruit each day?”

- ***Plan meals ahead of time.***
- ***Keep fruit (fresh, frozen, dried or canned) on hand.***

Daily Menu of Fruits
PLAN A MENU

PLAN A MENU

FOOD GROUPS	Breakfast	Lunch	Dinner	Snack	Number of Servings
Meat, poultry, fish, dry beans, eggs & nuts group					
Milk, yogurt & cheese group					
Fruit group					
Vegetable group					
Bread, cereal, rice & pasta group					

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Daily Menu of Fruits

PLAN A MENU

FOOD GROUPS	Breakfast	Lunch	Dinner	Snack	Number of Servings
Meat, poultry, fish, dry beans, eggs & nuts group					
Milk, yogurt & cheese group					
Fruit group					
Vegetable group					
Bread, cereal, rice & pasta group					