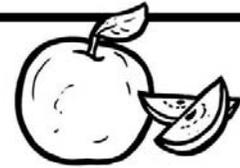


Fruit Group



Focus on fruits.

- Fruits contain vitamin C, vitamin A, and fiber.
- Fruits are naturally sweet and low in fat and sodium.
- Fruits are good dessert choices.
- **MyPyramid** recommends 2 cups of fruit each day.
- To get the most for your money, compare prices at the grocery store.
- Choose fresh fruits and unsweetened juices.
- Limit fruits with added sugars (fruit rolls-up, sweetened fruit drinks, fruit jam, and jelly) in your diet.
- Rinse whole fruits before peeling and/or eating.

A 1/2 cup serving of fruit is:

- 1/2 cup of cooked, canned or raw fruit
- 1/2 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



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Mini-goals

1. _____

2. _____

Buying Fruits

- ◆ **Demand freshness.** Check for signs of freshness such as bright color and crispness.
- ◆ **Handle with care.** Bruising and damage to fruits will cause them to spoil quicker.
- ◆ **Shop in season.** This can help save you money
- ◆ **Don't buy a lot just because of low price.** It doesn't pay to buy more than you can properly store or use without waste.
- ◆ **Avoid buying fruits with bruises or mold.**
- ◆ **Don't buy on size alone.** Large sized fruits are not necessarily the best quality, nor are they always the most economical.
- ◆ **Avoid dented or bulging cans.**
- ◆ **Look for firm frozen packages.** There should be no stains or ice on the outside. Sacks of frozen fruits should be loose, not solid.

Storage

- ◆ **Store properly to maintain quality.** Refrigerate most fruit (not bananas) for longer storage, and arrange them so you'll use the ripest ones first.

Preparation

- ◆ **Rinse fresh fruit with water** just before cooking or eating.
- ◆ **Trimming.** Try to eat fruit with the skin on.

Eat More Fruits

- ◆ Serve fruit or fruit juices with meals or as a snack.
- ◆ Top yogurt with sliced fruit.
- ◆ Top pancakes, French toast or waffles with fruit or fruit sauces, such as applesauce.
- ◆ In a glass, layer sliced or chopped fruit, non-fat yogurt and whole grain cereal for a snack or dessert.
- ◆ Add dried fruit (raisins) or fresh fruit to oatmeal.
- ◆ Add fresh or canned fruit to gelatins or fresh green salads.

