

Fruit

Fruit is a good source of vitamins, minerals, and fiber. Eating fruit helps to reduce your risk of...

- Cancer
- Heart disease
- Stroke
- Diabetes
- Other diseases

Eating fruit can also help you control your hunger and weight. If you have a sweet tooth or you want a little treat, eating fruit is the healthiest way to indulge. Try to eat from a rainbow of colors of fruit. Each color provides different nutrients.

Aim for 2½ cups of fruit each day

Fruit type	1 Serving =
Whole fruit	1 medium piece
Fresh, frozen, or canned	½ cup
Dried	¼ cup
100% juice	½ cup



Try to eat fruit rather than drink fruit juice. Here's why:

- To make a glass of orange juice, the juice is squeezed from several oranges. You can get the sugar and calories of several oranges in just one glass of juice. Juice also has less fiber than whole fruit. Instead of drinking fruit juice try to...
 - Eat fresh fruit, fruit canned in its own juice, or frozen fruit with no added sugar.
 - Avoid juice with sugar added (not 100% fruit juice). It contains a lot of calories and very little nutrition. You may already know that soda has a ton of sugar in it, but so do most juice drinks! Instead, try sparkling water with a dash of juice.
 - Choose 100% fruit juice, when you do have juice, and limit the amount.



What makes fruit less healthy?

- Added fat, sugar, or processed flour makes fruit less healthy. This means desserts like pastries, pies, and sorbets are not good choices. Try a fresh fruit salad or smoothie instead.
- Fruit canned in heavy syrup contains added sugar. Check the label to find out if the fruit is canned in syrup.

If it is, rinse the fruit before eating it, and don't drink the syrup.

- Dried fruit has less Vitamin C and more calories than fresh fruit. It's okay from time to time. Just remember, it's not as good for you as fresh fruit.

