



ALL ABOUT THE FRUIT GROUP

Roughly 1 cup of fruit or 100% fruit juice, or ½ cup of dried fruit is 1 serving.

- Fruits may be fresh, canned, frozen, or dried.
- Low in fat, sodium, and has no cholesterol.
- Fruits have fiber which help provide a feeling of fullness with fewer calories.
- Fiber helps reduce blood cholesterol levels.
- Fiber is important for proper bowel function reducing constipation and diverticulosis.
- Fiber reduces the risk of heart disease, obesity, and type 2 diabetes.
- Vitamin C is important for growth and repair of all body tissues, helps heal cuts and wounds, and keeps teeth and gums healthy.
- Protects against certain types of cancers.

Try rotating by colors, shapes, and sizes to ensure you are getting a variety of nutrients!

Blackberries
Blueberries
Cranberries
Currants
Goji Berries
Raspberries
Strawberries
Acai Berries
Huckleberries
Lingonberries
Mulberries
Bananas
Peaches

Cherries
Papaya
Pears
Currants
Persimmons
Dates
Pineapples
Figs
Plums
Fruit Cocktail (mixed fruit)
Pomegranate
Grapefruit
Prunes

Grapes
Raisins
Guava
Star Fruit
Kiwi Fruit
Tangerines
Lemons
Limes
Mangoes
Nectarines
Apples
Oranges
Apricots

MyPlate." Choose MyPlate. N.p., 14 Nov. 2017. Web.