

What is in the fruit group?

Any fruit or 100% fruit juice is included in this group. Fruits may be fresh, canned, frozen, or dried. They may be whole, cut-up, or pureed. It's important to eat a variety of fruits in order to get all the nutrients they provide.

How much should I eat?

Most people need about 1 ½ cups per day. Some people may need a little more or a little less depending on their physical activity level, age, and gender.

What counts as a cup?

- 1 cup of cut-up fruit
- 1 cup of 100% fruit juice
- ½ cup of dried fruit
- 1 piece of fruit – the size of fruit varies and can be 1 small apple, 1 medium grapefruit or pear, 1 large orange or peach, or 1/8 of a melon

Nutrition

Fruits provide vitamins, minerals, and dietary fiber. Eating fruit as a part of a healthy diet can reduce the risk for:

- Heart disease
- Stroke
- Type 2 Diabetes
- Certain cancers
- Weight gain

Shopping List

Ideas for getting more fruit in your diet:

- Keep a bowl of whole fruit on the table, counter, or in the refrigerator.
- Take a piece of fruit to work or school as a snack.
- Buy fresh fruits in season when they cost less and taste better.
- Buy canned fruits packed in water or juice.
- Make most of your choices whole or cut-up fruit rather than juice to gain the benefits of dietary fiber.

