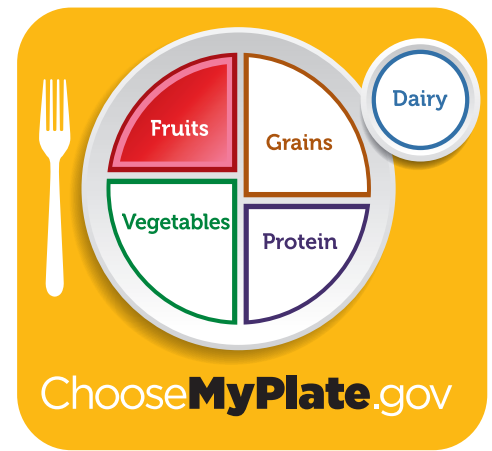


# A Salute to Fruit

**Did you know...** Eating fruit provides health benefits — people who eat more fruits and vegetables as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases such as heart disease, cancer, obesity, and type 2 diabetes. Fruits provide nutrients vital for health and maintenance of your body.

**Choose Wisely** Buy fresh fruits in season when they may be less expensive and at their peak flavor. Buy fruits that are dried, frozen, and canned (in water or 100% juice) as well as fresh, so that you always have a supply on hand.



## Commonly Eaten Fruits

Apples  
Bananas  
Cherries  
Grapefruit  
Grapes  
Kiwi fruit  
Lemons  
Limes  
Nectarines  
Oranges  
Peaches  
Pears  
Pineapple  
Plums  
Prunes  
Raisins  
Tangerines

**Berries**  
strawberries  
blueberries  
raspberries

**Melons**  
cantaloupe  
honeydew  
watermelon

**Mixed fruits**  
fruit cocktail

**100% Fruit juice**  
orange  
apple  
grape  
grapefruit

**What's in the can?** Commonly eaten canned fruits such as pears, peaches, and fruit cocktail can be high in added sugar when packaged in heavy syrup. When choosing canned fruits, select fruit canned in 100% fruit juice or water rather than syrup.

## Fruit for the Day

Keep a bowl of whole fruit on the table, counter, or in the refrigerator.

Refrigerate cut-up fruit to store for later.

Consider convenience when shopping. Try pre-cut packages of fruit (such as melon or pineapple chunks) for a healthy snack in seconds. Choose packaged fruits that do not have added sugars.

Make most of your choices whole or cut-up fruit rather than juice, for the benefits dietary fiber provides.

Select fruits with more potassium often, such as bananas, prunes and prune juice, dried peaches and apricots, and orange juice.

At breakfast, top your cereal with bananas or peaches; add blueberries to pancakes; drink 100% orange or grapefruit juice. Or, mix fresh fruit with plain fat-free or low-fat yogurt.

Vary your fruit choices. Fruits differ in nutrient content.

For dessert, have baked apples, pears, or a fruit salad.

## Make half your plate fruits and vegetables.

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