

# FRESH FRUITS

## Citrus Fruits

oranges  
tangerines  
grapefruits  
lemons  
limes

## Exotics

kiwi  
papaya  
mango

## Melons

watermelon  
cantaloupe  
honeydew melon



## Others

apples  
apricot  
banana  
grapes

pineapple  
pear  
nectarine  
peach

## Berries

strawberries  
blueberries  
raspberries  
blackberries



## When shopping for *fresh* fruit:

- select small-sized fruits, they usually cost less, they are a single-size serving and are just as nutritious as the larger fruits.
- do not buy bruised or damaged fruit. Mold will grow quickly on bruises and cuts. Cutting away brown spot is a waste of fruit and a waste of money.
- buy fruit in season, they are fresher, cheaper and more nutritious.

## In-Season *Fresh* Fruits (Imported and Locally Grown)

### Spring

strawberries  
papaya  
grapefruit  
bananas  
mango

### Summer

cherries  
peaches  
plums  
watermelons  
cantaloupe  
blueberries  
raspberries  
bananas

### Fall

apples  
pears  
grapes  
bananas  
cranberries  
kiwi fruit



### Winter

oranges  
grapefruit  
apples  
bananas  
grapes



UNIVERSITY OF ILLINOIS  
**EXTENSION**  
FAMILY NUTRITION PROGRAM  
EXPANDED FOOD AND NUTRITION  
EDUCATION PROGRAM

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