

Fruit Facts

Everyone needs 2 to 4 servings of fruit every day. Choose 1 or more from the citrus group (vitamin C source) and one or more from the other group.

What is a serving?

- ◇ one medium sized piece of fruit
- ◇ 3/4 cup fruit juice
- ◇ 1/2 cup berries



Fruits rich in vitamin C and serving size

oranges, 1 medium
 tangerines, 1 medium
 grapefruits, 1/2 medium
 lemons, juice of 1/2
 limes, juice of 1

watermelon, 1 wedge 4"x 8"
 cantaloupe, 1/4 wedge
 honeydew melon, 1/6 wedge
 kiwi fruit, 1 small
 papaya, 1/2 cup

strawberries, 1/2 cup
 blueberries, 1/2 cup
 raspberries, 1/2 cup
 blackberries, 1/2 cup
 mango, 1/2 cup

Other Fruits

apples, 1 medium
 apricot, 2 medium
 banana, 1/4 medium
 grapes, 20-30, 1 cup
 peach, nectarine, 1 medium

pineapple, 1/2 cup
 pear, 1 medium
 raisins, 1/4 cup
 prune, 1/2 cup



When shopping for 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 locally grown, in season fruit when possible, imported fruits can be expensive
- ◇ buy fruit in season, they are fresher, cheaper and more nutritious.

In-Season Fruits (Imported and Locally Grown)

Spring

strawberries
 oranges
 grapefruit
 oranges
 bananas
 mango
 *papaya

Summer

cherries
 peaches
 plums
 watermelons
 cantaloupe
 blueberries
 raspberries

Fall

apples
 pears
 grapes
 melons
 cranberries
 kiwi fruit
 papaya

Winter

oranges
 grapefruit
 apples
 bananas
 grapes

*some imported fruits have more than one growing season



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