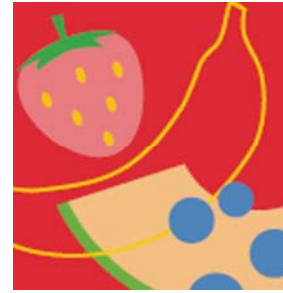


# Focus on Fruits



Eat a **variety** of fruits—  
fresh, frozen, canned, or dried—  
rather than fruit juice for most of your fruit choices.

## Vary your fruit choices.

- Different fruits are rich in different nutrients.
- Add fruits of different colors to your meals each day.

## Eat at least 2 cups\* (4 servings) of fruits every day.

### A serving of fruit is:

- 1 small fruit
- 1/2 cup of chopped, cooked, frozen, or canned fruit
- 1/4 cup dried fruit
- 1/2 cup fruit juice

## Most fruits are good sources of fiber.

- For example, one small pear with skin has 4 grams of fiber. A healthy adult should have about 14 grams of fiber for every 1000 calories consumed each day.

## Enjoy fruit all day long.

- Breakfast
  - Add fruit to ready-to-eat cereal or hot cereals.
  - Top pancakes and waffles with fruit.
- Lunch and dinner
  - Top lettuce and spinach salads with fruit.
  - Serve fruit for dessert.
- Snacks
  - Keep fresh fruit and dried fruit handy for snacking.
  - Make a quick fruit smoothie with milk and frozen fruit.



\*The recommendation of 2 cups of fruit every day is based on a 2,000 calorie diet. Go to [www.mypyramid.gov](http://www.mypyramid.gov) for personalized nutritional recommendations.



University of Illinois \* United States Department of Agriculture \* Local Extension Councils Cooperating  
University of Illinois Extension provides equal opportunities in programs and employment.  
This material was funded by USDA's Food Stamp Program.