

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 for personalized nutritional recommendations.



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