



Focus On Fruits: Make Half Your Plate Fruits & Vegetables

Why Do We Need Fruits?

A diet rich in fruits provides health benefits that can lead to a longer, healthier life. Individuals who eat a diet that includes a variety of fruits can lower their risk for heart disease, some cancers and other illnesses. In general, 1 cup of fruit or 100% fruit juice or ½ cup of dried fruit can be considered as 1 cup from the fruit group.

How to Identify Fruits

A fruit is the part of a plant that develops from the flower and contains the seeds. Most fruits contain more calories per serving than vegetables because of their natural sugar content. Fruits

can be purchased fresh, frozen, dried or canned. When fruits are in season, buy them fresh and ripe. Off-season frozen fruits will give you a high concentration of nutrients.

Health Benefits of Fruits

- Eating a diet rich in fruit may reduce the risk for cardiovascular disease and other illnesses.
- Fruits help maintain optimum health due to some health promoting chemicals.
- Fruits add vitamins to your body that is needed daily.

Tips to Add More Fruits to Your Day

- Eat when in season.

- Keep visible on counter-top or in fridge.
- Eat as snacks.
- Eat a variety of veggies during the week.
- Choose a variety of colors
- Include with meals.



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