

Fruit



Fruit is a good source of vitamins, minerals, and fiber. It may also help you control your hunger and weight. Eating fruit helps reduce your risk of:

- cancer
- heart disease
- stroke
- diabetes
- other diseases

Eat fruit instead of drinking fruit juice. Canned, dried, and frozen fruits are good options. Look for fruit without added sugar or syrups.

A serving of fruit is:

- 1 medium piece (whole fruit)
- ½ cup fruit (fresh, frozen or canned)
- ¼ cup dried
- ½ cup of 100% juice

Eat a variety of different colored fruit. Each color provides different nutrients.



Aim for at least two cups of fruit per day.

