

All about Fruit

How much fruit is needed daily?

The amount of fruit you need to eat depends on age, sex, and level of physical activity. The amount each person needs can vary between 1 and 2 cups each day. Those who are very physically active may need more.



Why is it important to eat fruit?

Eating fruit provides health benefits — people who eat more fruits and vegetables as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. Fruits provide nutrients vital for health and maintenance of your body.



Most fruits are naturally low in fat, sodium, and calories. None have cholesterol. Fruits are sources of many essential nutrients that are underconsumed, including potassium, dietary fiber, vitamin C, and folate (B6 acid).



Fruits & Vegetables are out of this world!

My plate is a guide to help you understand the food you need to eat to have a balanced diet.



Half of your plate should be fruits and vegetables.

What foods are in the Fruit Group?

Any fruit or 100% fruit juice counts as part of the Fruit Group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed.

What foods are in the Vegetable Group?

Any vegetable or 100% vegetable juice counts as a member of the Vegetable Group. Vegetables may be raw or cooked, fresh, frozen, canned, or dried/dehydrated, and may be whole, cut-up, or mashed.

Based on their nutrient content, vegetables are organized into 5 subgroups: dark-green vegetables, starchy vegetables, red and orange vegetables, beans and peas, and other vegetables.



All about Vegetables

How many vegetables are needed daily?

The amount of fruit you need to eat Depends on age, sex, and level of physical activity. The amount each person needs can vary between 1 and 3 cups each day. Those who are very physically active may need more.



Diets rich in potassium may help to maintain healthy blood pressure.

Vegetable sources of potassium include sweet potatoes, white potatoes, white beans, tomato products (paste, sauce, and juice), beet greens, soybeans, lima beans, spinach, lentils, and kidney beans.



Most vegetables are naturally low in fat and calories. (Sauces or seasonings may add fat, calories, and/or cholesterol.)

