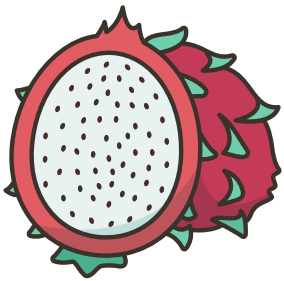
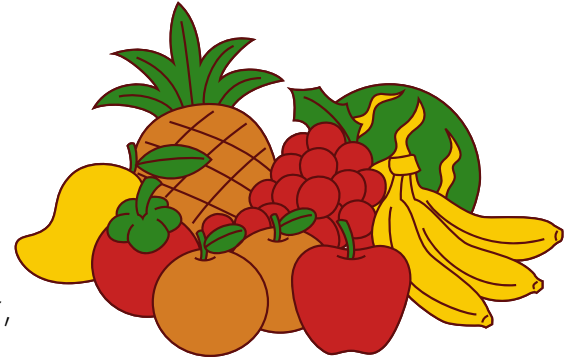


# FRUIT AND YOUR HEALTH

## HEALTH BENEFITS OF FRUIT

It is recommended that children and adults consume around **1 to 2 cups of fruit each day**.

- Most fruits are low in fat, sodium and calories
- Fruits contain no cholesterol
- Fruits have nutrients that our bodies need, like fiber, vitamin C and potassium
- Diets filled with lots of fruit may help lower risk for heart disease and stroke



## TRY SOMETHING NEW!

Each fruit packs in its own nutrients and health benefits, so it's important to **eat a variety of different fruits** every day.

- Try eating what is in season, as it may be cheaper
- Enjoy the unique textures, flavors and smells!



## CANNED, FROZEN, JUICED OR WHOLE?

All types of fruits are beneficial for your health. However, fruit juices have less fiber and more sugar than whole fruits. **Look out for added sugars and syrups** when buying canned and dried fruits.

### Good Sources of Fiber

Pears (with skin)  
Apple (with skin)  
Bananas  
Dried Prunes  
Dried Raisins  
Blueberries

### Good Sources of Potassium

Oranges  
Raspberries  
Bananas  
Cherries  
Avocados  
Pomegranates

### Good Sources of Vitamin C

Strawberries  
Kiwi  
Limes  
Lemons  
Oranges  
Tangerines

