

## Two Cups of Fruit

The typical adult (2000 calorie diet) needs 2 cups of fruit each day.

Most Americans eat no fruit at all on most days. A diet high in fruits and vegetables will help prevent obesity, heart disease and cancer.

Can you eat 2 cups of fruit every day?

Eat fruit at breakfast.

Eat fruit for snacks.

Serve fruit at lunch and dinner.

And you will reach your goal of good health!

How much is one cup of fruit?

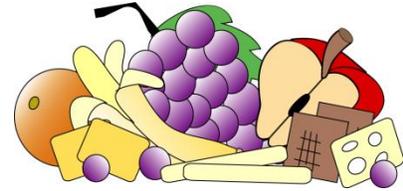
In general,

1 cup of fruit

Or 8 ounces of 100% fruit juice,

Or ½ cup of dried fruit

count as 1 cup from the fruit group.



Here are some more examples of what counts as 1 cup of fruit:

½ large apple

1 small apple

1 large banana (8 to 9 inches long)

1 cup diced cantaloupe or watermelon

1 cup grapes

32 seedless grapes

1 large orange

1 large peach

1 medium pear

1 cup canned fruit, drained

3 medium plums

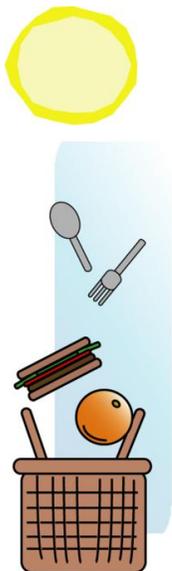
2 large plums

8 large strawberries

½ cup raisins

Visit [www.MyPyramid.gov](http://www.MyPyramid.gov)

for your own personal food guide, and more tips on how to eat a healthy diet and be active every day!



## Berry Picking Days

Enjoy fresh blueberries, strawberries, raspberries and blackberries.

Berries are rich in fiber and vitamin C. Strawberries, raspberries and blackberries also have folic acid and potassium. Blueberries are great sources of antioxidants.

Enjoy these little berries packed with nutrition!

Berries are also low in calories.

1 cup of berries has 40 to 80 calories. Whereas, a candy bar has 250 calories.

Snack on a bowl of berries.

Berry easy! Berry good!

# ENJOY FRUITS AT LUNCH AND DINNER

- ☀️ **Pack a fruit with your lunch when going to work or school.**  
Bring along a banana, apple, orange or kiwi.
- ☀️ **Eating a salad?** Top your salad with fruit – pineapple chunks, strawberries, mandarin oranges, grapes and more.
- ☀️ **Decorate dinner plates with fruit.** Add a slice of pineapple, strawberry slices, blueberries, kiwi slices or grapes on dinner plates. Family meals will look special and taste great. It's fun to eat great looking food.
- ☀️ **Serve a Melon Salad.** Mix together chunks of watermelon, cantaloupe, honeydew and other melons.
- ☀️ **Top Angel Food cake with berries.**  
Try sliced strawberries, blueberries, raspberries or blackberries.

## Save your money and health:

- ♥️ **Buy fruit in season!** It will be a good price and it will taste great!
- ♥️ **Canned fruit can be a bargain.**  
A serving of fruit can cost 30¢ to 40¢. Choose fruit canned in juice.
- ♥️ **Freeze fruit when it is in season.**  
Frozen fruit can be blended with juice or milk to make great slushes.



# SNACK ON FRUIT

- ☀️ **Carry fruit in your purse or bag for a later snack.**  
Bananas, apples, grapes, oranges and plums travel well.
- ☀️ **Snack on berries when they are in season.**  
Fresh strawberries, blueberries, raspberries and blackberries are wonderful summer snacks.
- ☀️ **Try kiwi.** It's fun to eat and full of vitamin C. A kiwi has as much vitamin C as an orange. Slice a kiwi in half and eat with a spoon.
- ☀️ **Carry a small bag of dried fruits for snacking.**  
Try raisins, dried apricots, bananas, apples, figs and prunes.
- ☀️ **Spread peanut butter on apple slices.**
- ☀️ **Open a can of fruit.** Enjoy mandarin oranges, peaches, pears or fruit mixtures packed in their own juice.



## What can you do?

- Snack on fresh berries during the summer.
- Buy fruit that is in season.
- Prepare salads with fruit.
- Other: \_\_\_\_\_