

# Focus on Fruits

Eating fruit provides health benefits. People who eat more vegetables and fruits as part of an overall healthy eating style are likely to have a reduced risk of some chronic diseases. Fruits provide nutrients vital for health, such as potassium, dietary fiber, vitamin C, and folate. Focus on whole fruits—fresh, canned, frozen, or dried—instead of juice. The sugar naturally found in fruit does not count as added sugar.

## 1. Keep visible reminders

Keep a bowl of whole fruit on the table, counter, or in the refrigerator.

## 2. Experiment with flavor

Buy fresh fruits in season when they may be less expensive and at their peak flavor. Use fruits to sweeten a recipe instead of adding sugar.

## 3. Think about variety

Buy fruits that are dried, frozen, and canned (in water or 100% juice) as well as fresh, so that you always have a supply on hand.

## 4. Don't forget the fiber

Make most of your choices whole or cut-up fruit, rather than juice, for the benefits that dietary fiber provides.

## 5. Keep fruits safe

Rinse fruits before preparing or eating them. Under clean, running water, rub fruits briskly to remove dirt and surface microorganisms.

## Build a Healthy Plate with Fruits!

### Why is it important to eat fruit?

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 (folic acid).

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

Dietary fiber from fruits, as part of an overall healthy diet, helps reduce blood cholesterol levels and may lower risk of heart disease. Fiber-containing foods such as fruits help provide a feeling of fullness with fewer calories.

Vitamin C is important for growth and repair of all body tissues, helps heal cuts and wounds, and keeps teeth and gums healthy.

Folate (folic acid) helps the body form red blood cells.

*Watch out! There is usually very little fruit in chewy fruit snacks or "fruit flavored" beverages (often called fruit drinks or fruit punch).*

Fruits



**Chef Louie Presents...**

### Health Bite



Strawberries are an excellent source of vitamins C and K as well as providing a good dose of fiber, folic acid, manganese and potassium. They also contain significant amounts of phytonutrients and flavanoids which makes strawberries bright red.

A strawberry isn't technically a berry, or even a fruit. Berries, by definition, have their seeds on the inside, while strawberries clearly don't.

### Did you know



### Lunchtime Joke



How do you make a strawberry shake?

Answer:  
Put it in the freezer!

