

ChooseMyPlate – Fruits (Key)

What’s 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.

List a few commonly eaten fruits.

1. Answers will vary	7.
2.	8.
3.	9.
4.	10.
5.	11.
6.	12.

Key Consumer Message: **Make you’re your plate fruits and vegetable**

How Much is Needed?

The amount of fruit you need to eat depends on age, sex, and level of physical activity.

Daily Recommendation*		
Children	2-3 years old	1 cup
	4-8 years old	1 to 1 ½ cups
Girls	9-13 years old	1 ½ cups
	14-18 years old	1 ½ cups
Boys	9-13 years old	1 ½ cups
	14-18 years old	2 cups
Women	19-30 years old	2 cups
	31-50 years old	1 ½ cups
	51+ years old	1 ½ cups
Men	19-30 years old	2 cups
	31-50 years old	2 cups
	51+ years old	2 cups

*These amounts are appropriate for individuals who get less than 30 minutes per day of moderate physical activity, beyond normal daily activities. Those who are more physically active may be able to consume more while staying within calorie needs.

What Counts as a Cup?

In general, 1 cup of fruit or 100% fruit juice, or ½ cup of dried fruit can be considered as 1 cup from the Fruit Group.

List three of your favorite fruits.

	Amount that counts as 1 cup of fruit	Amount that counts as ½ cup of fruit
	Answers will vary	

Health Benefits

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.

Eating a diet rich in vegetables and fruits as part of an overall healthy diet
_____ may reduce risk for heart disease, including heart attack and stroke _____.

Eating a diet rich in some vegetables and fruits as part of an overall healthy diet
_____ may protect against certain types of cancers _____.

Diets rich in foods containing fiber, such as some vegetables and fruits
_____ may reduce the risk of heart disease, obesity, and type 2 diabetes _____.

Eating vegetables and fruits rich in potassium as part of an overall healthy diet may
_____ may lower blood pressure, and may also reduce the risk of developing kidney stones and help to decrease bone loss _____,

Tips to Help You Eat Fruits

(Refer to handout Focus on Fruits – 10 tips to help you eat more fruits)