

Focus on Fruits



Eat a **variety of fruits—
fresh, frozen, canned, or dried—
rather than fruit juice for most of your fruit choices.**

Vary your fruit choices.

- Different fruits are rich in different nutrients.
- Add fruits of different colors to your meals each day.

Eat at least 4 servings (2 cups) of fruits every day.

A serving of fruit is:

- 1 medium whole fruit
- 1/2 cup of chopped, cooked, frozen, or canned fruit
- 1/4 cup dried fruit
- 1/2 cup fruit juice

Most fruits are good sources of fiber.

- One small pear with skin has 4 grams of fiber. A healthy Woman should eat about 25 grams and a healthy Man about 38 grams of fiber each day.

Enjoy fruit all day long.

- Breakfast
 - Have fruit on top of ready-to-eat cereal or hot cereals.
 - Top pancakes and waffles with fruit.
- Lunch and dinner
 - Top lettuce and spinach salads with fruit.
 - Drink juice with seltzer instead of soft drinks at meals.
 - Serve fruit for dessert.
- Snacks
 - Keep fresh fruit and dried fruit handy for snacking.
 - Make a quick fruit smoothie with milk and frozen fruit.



The Chicago Partnership for Health Promotion is funded by the USDA Food Stamp Program to encourage Chicago families to make healthier food choices, learn to prepare and consume healthier foods every day and be more physically active. The University of Illinois at Chicago Neighborhoods Initiative is the Land Grant Administrative Hub for CPHP. The USDA, UIC and CPHP are equal opportunity providers and employers. For more information about partnership or CPHP programs in your community, contact CPHP at 312-355-3659. www.cphp.uic.edu