

ChooseMyPlate – Fruits

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.	7.
2.	8.
3.	9.
4.	10.
5.	11.
6.	12.

Key Consumer Message: _____

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	
	4-8 years old	
Girls	9-13 years old	
	14-18 years old	
Boys	9-13 years old	
	14-18 years old	
Women	19-30 years old	
	31-50 years old	
	51+ years old	
Men	19-30 years old	
	31-50 years old	
	51+ years old	

*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

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

Eating a diet rich in some vegetables and fruits as part of an overall healthy diet

Diets rich in foods containing fiber, such as some vegetables and fruits

Eating vegetables and fruits rich in potassium as part of an overall healthy diet

Tips to Help You Eat Fruits

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