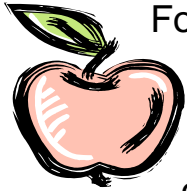


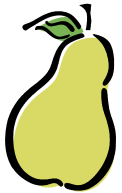
Fruit Facts



Buy most fruits when they are ripe. Fruit may be ripened further by placing individually wrapped fruit in paper towels, in a paper bag at room temperature for 1-2 days.



For most fruits, buy only the amount you will use in a few days. With the exception of some fruits such as apples and citrus, most other fruits don't store well for long periods of time.



Shop farmers' markets and use the many "pick it yourself" gardens and orchards for greater variety and savings.



Many 100% fruit juices are now available in single serving cans and plastic bottles at convenience stores and pop machines.

Wash all fruit before eating: run cold water over it.

Visit **MyPyramid.gov** for personal recommendations and additional fruit facts.



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Focus on FRUIT



Cooperative Extension
Family Living Programs

*Wisconsin
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Eat a variety of fruits.

Fresh: Cheaper when bought in season. Choose fresh more often than juice to get enough fiber. Eat baked apple or pear for dessert.

Canned: Fruits already cut into pieces cost more than whole fruits. Add crushed pineapple to coleslaw.

Frozen: Usually cost more than fresh or canned fruit, but is available year round. Enjoy a fruit smoothie.

Dried: Usually the most expensive kind of fruit, but is the easiest snack to grab on the go. Keeps well.

Juice: Go easy on fruit juice. Whole or cut-up fruit provides dietary fiber.



Nutrition: Fruits provide vitamins A and C, carbohydrate and fiber. Many fruits provide folate and potassium.

*How much fruit is needed daily?

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 for individuals who get less than 30 minutes per day of moderate physical activity beyond normal daily activities.*

Measures of 1 cup and ½ cup for some common fruits

Fruit	1 cup	½ cup
Apple	1 small	
Banana	1 cup sliced	1 small
Cantaloupe	1 cup diced	1/8 medium melon
Grapes	32 seedless	16 seedless
Strawberries	8 large berries	
Dried fruit	½ cup	¼ cup
100% juice	1 cup	½ cup